RIL 4 — 10, 1981

RS. 2.50

EVE'S WEEKLY

ECIAL ISSUE

HOUSEWIVES vs. CAREER WOMEN

... a time for reconciliation

Now that you're a young girl you need the protection only CAREFREE* can give

CAREFREE is made with you in mind. It is the modern woman's answer to sanitary protection on those 5 days.

CAREFREE is a specially absorbent napkin that does away with the extra bulk you might otherwise have to wear. In fact, CAREFREE is so absorbent, a single napkin can retain up to half your total period's flow. But do change as often as you like for a fresher feeling.

And only CAREFREE has a plastic shield around the bottom and sides, to act as a three-way barrier against staining.

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'touch up' magic from Max Factor

Apply gently on those stubborn shiny areas... whenever your face needs instant brightening up. Simply, effectively, beautifully.

Creme Puff Compact and Refill in 7 'glow' shades.

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An eye-witness account of how a Tantrik Yogi brought a corpse back to life!

Also:

- **THE POLITICS OF TANTRA** — A rip-off on how politicians use Tantriks to serve their own ends.
- **DID TANTRIKS KILL NEHRU?**

Other Highlights

- **Census Slips**
  — An enumerator had his head broken when he once asked a citizen if his mother was married. Another caused quite a stir when he interpreted 'female adults' as 'adultresses.' And did you know that, according to the census people, prostitutes come under the category of beggars?

- **The Priceless Stone Of Death**
  — Tragedy has struck every owner of the Kohinor diamond. A fascinating story of how the diamond has changed hands and heads over the ages.

- **From Udupi With Utthapam**
  — What has made the name of an obscure town in Karnataka synonymous with low-priced good eating in cosmopolitan Bombay?

- **Hello, Are You Listening?**
  — The knack of attentive listening can sort out day-to-day problems and lead to enduring human relationships.

- **The Story Of The Post Card**
  — The life and times of the 102-year-old postal marvel.

- **The Fight**
  — A short story by Ruskin Bond.

ALL THIS AND MORE IN

MIRROR

APRIL 1981

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Just rotate Beauty-Touch along your skin...

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A product of modern research

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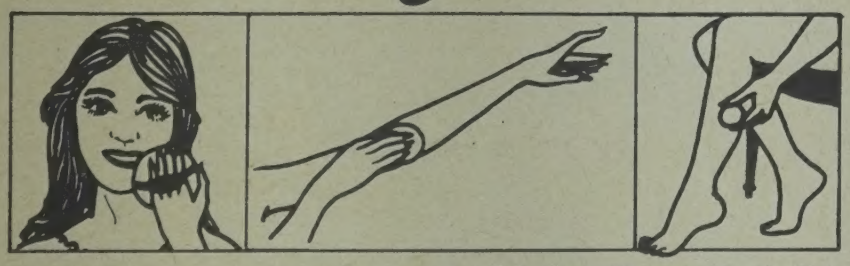
Run **Beauty-Touch** in circular movements in all places where you have superfluous hair: forehead, above lips, chin, cheeks, arms, legs; and within minutes you'll have a clean, soft skin.

Magic-Velvet Beauty-Touch



Convenient

Besides, **Beauty-Touch** is compact and convenient to carry. Just slip it into your pocket or drop one into your handbag as you leave home.

Works out cheaper

Beauty-Touch is specially made to last well over one year. Possibly two. Calculate the money you spend in that period on creams and compare the sum to the Rs. 34... which is all **Beauty-Touch** costs!

Lynn Anders. 19 years. England

"**Beauty-Touch**" is the simplest in hair-removing. The others are either messy or painful.

Suzy Wong. 25 years. Japan

"It's simply wonderful. I'd never believe that hair-removing could be so easy and convenient.. You'll never touch the razor or the creams again."

Ying Wan Shi. 28 years. China.

"I could never go to the beach or wear short skirts because of my hairy body. And I'd never dreamed that the answer would be so simple. You ought to try it to believe it!"

A few Million already sold in U.S.A. Europe & Japan. Now available for the first time in India. Order now while stocks last.

SEND THIS COUPON TODAY

Please send me "Beauty-Touch" right away. I promise to pay Rs. 34 plus Rs. 10 for postage and handling. If I am not absolutely delighted with the product, I may return it within 4 days for a full refund (except Rs. 10 for postage and handling).

Tick one: Draft ☐ V.P.P. ☐ Money Order ☐ Postal Order ☐ Cheque* ☐

Name.....

Address.....

Signature.....Parents (if under 18).....

City.....State.....Age.....

TEC

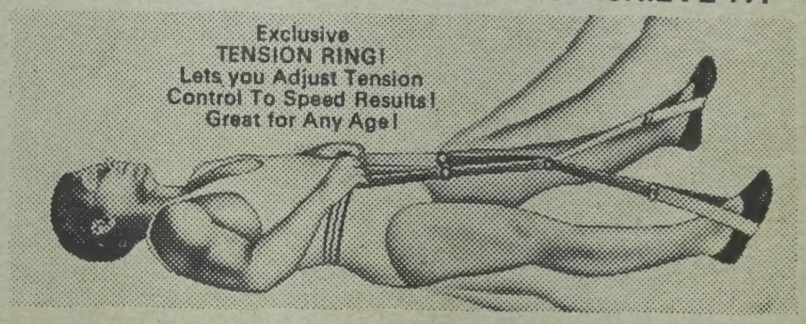
Send your enquiries to TECHNIGLOBE INT'L Abubakar Mansion 7, Colaba Causeway, Bombay 400 039. **(C) TECHNIGLOBE INT-'L**

***Please add Rs. 2 for outstation cheques.** EW-2

HP / BT-1

THE 'SYNOMETRIC' WAY TO AN ATHLETIC PHYSIQUE

IT TOOK AN OLYMPIC CHAMPION TO DISCOVER IT.
IT TAKES 7 MINUTES A DAY TO ACHIEVE IT.



What is the Synometric Concept?

Ike Berger, Olympic Ace explains Synometrics as the scientific concept of ISOMETRICS + ISOTONIC: the two principles of body dynamics. Each section is effective in itself and entertains its own supporters.

Ike, however, combined the two principles and evolved a special exercise unit that employs both methods, in a single programme. And the results are simply amazing.

How it works?

The scientific laws on which Synometrics is based, is called SYNERGISM. In simple terms, when you combine the two methods in a particular fashion, the ensuing result is greater than each individually.

Finally, Ike developed a special exercise unit which he called SPEED SHAPER...because that's exactly what it does. It shapes you up in a matter of minutes.

What's more, the SPEED SHAPER is adjustable to individual needs, and is so compact, you can slip it into your pocket or purse!

Your guarantee

Go ahead and try it out...no matter what your age! In just a few days, you'll see the results for yourself. And of course, if you are not totally satisfied with it, all you have to do is return the product within 14 days and your money will be refunded—without any questions.

Ike Berger Today

Introducing IKE BERGER, Olympic Champion

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Please send me the Synometric Programme. I promise to pay the postman Rs.96 plus Rs.14 postage and handling. If I am not absolutely delighted with this programme, I may return it within 14 days for a full refund (except Rs.14 on account of postage and handling).

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Signature.....Parents (if under 18).....

City.....State.....Age.....Sex.....

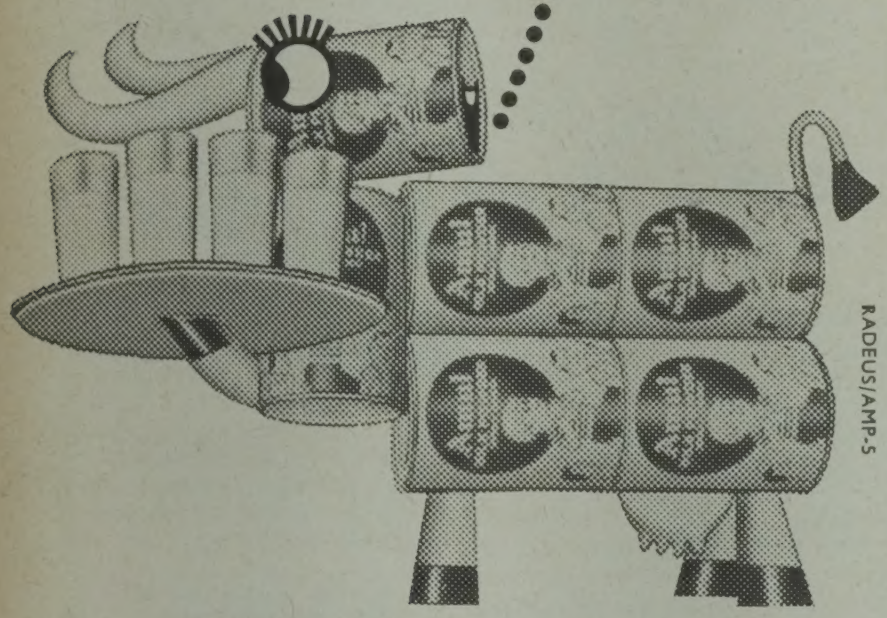
TEC

Send your Orders/Enquiries/Remittance to Techniglobe Int'l, Abubakar Mansion, 7, Colaba Causeway, Bombay 400 039. **(C) TECHNIGLOBE INT'L**

EW-2

HP-SM-1

Here's Amul Milk for your family



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Put 2½ heaped tablespoons of Amul Milk Powder into a ¼-litre tumbler. Stir into a smooth paste with a little warm water. Add hot water up to top and stir. Milk is now ready for drinking. Good for use in tea and coffee, and for making curds and desserts. Makes you thankful for its convenience. Guaranteed pure.

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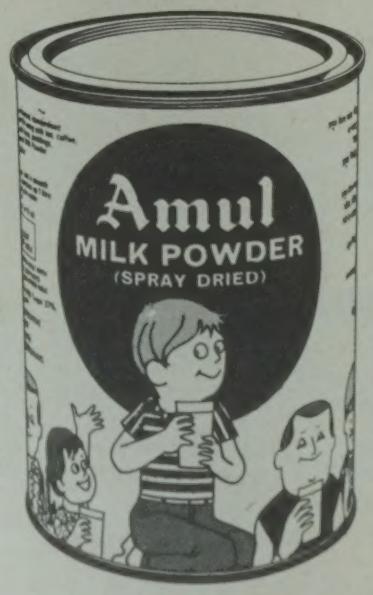
MILK POWDER
It's like having a dairy in your home



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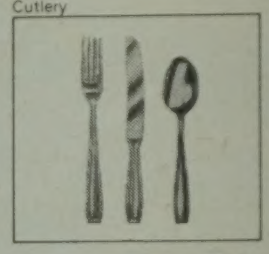
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— Says Ranjeeta
the alluring film actress

You too are just two fingers away from a flawless and fairer complexion. Emami's special moisturisers keep your skin beautiful, youthful.

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VANISHING CREAM
FOR A GLOWING LOVABLE COMPLEXION

"Next to my skin, the next best thing I love is Emami Talc.

Emami Talc has a lovely, lingering French fragrance that keeps me fresh. All over. All day."

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the vivacious film actress & dancer

Emami Talc is satin-smooth. Come. Sprinkle yourself with fragrance & freshness.

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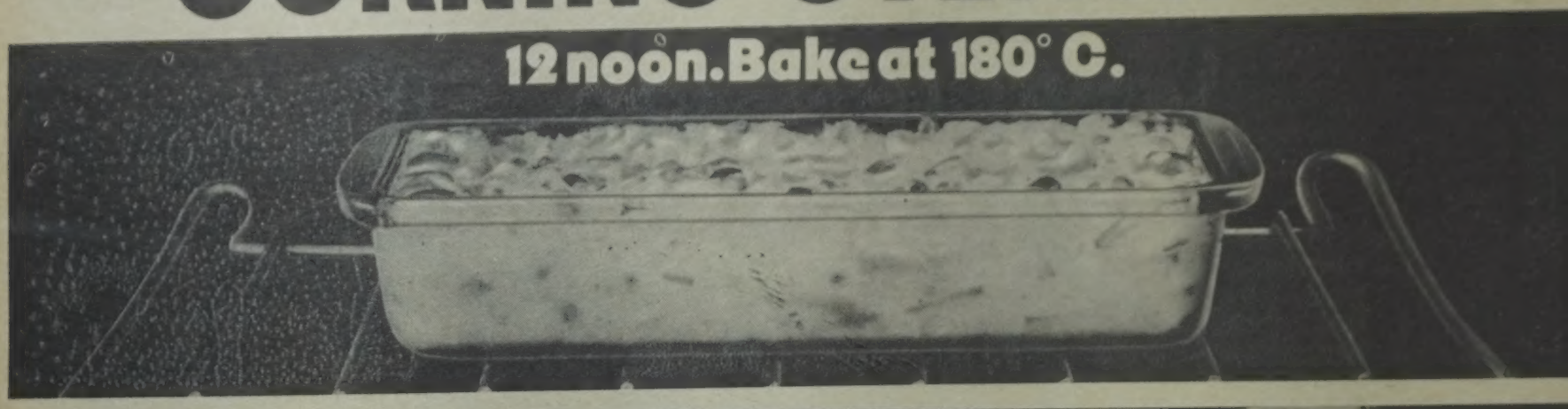
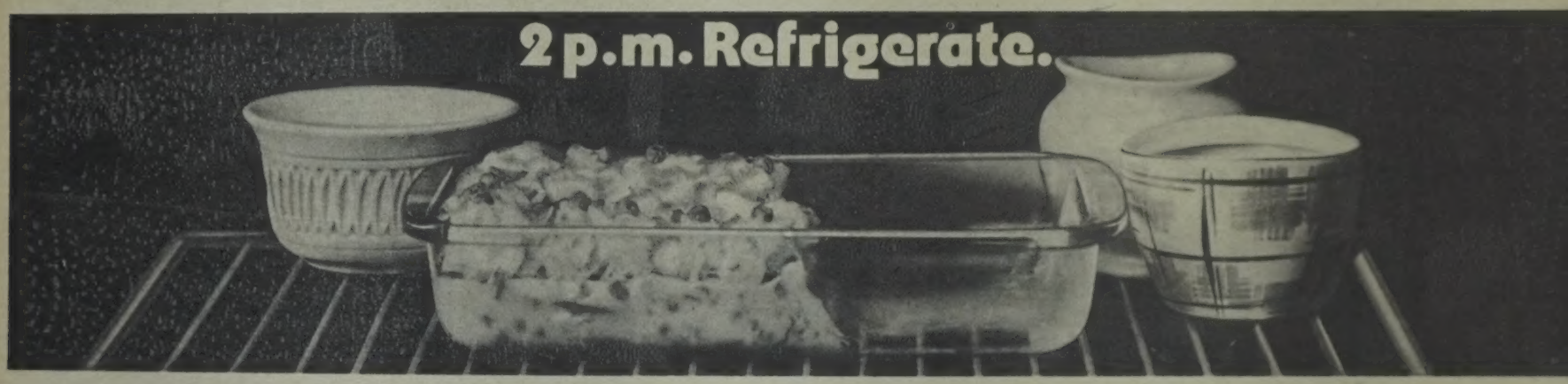
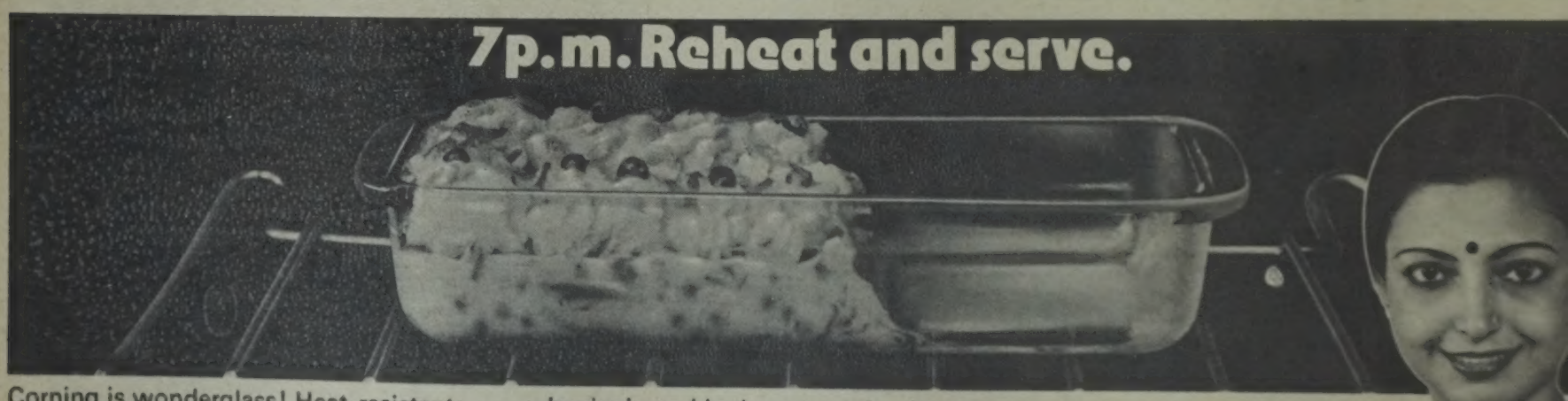
TALC
THE LUXURY TALC WITH TANTALISING FRENCH FRAGRANCE

CORNING OVENWARE







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Eve's Weekly

APRIL 4 — APRIL 10, 1981

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HOUSEWIVES vs WORKING WOMEN

the adversary position

Of late, the rumbling has been mounting. The "working girl" phenomenon has overtaken the cities. Almost everywhere you turn, you run into "one of those" — smart (too smart?), confident, aggressive (too aggressive?). Women's magazines — and other journals, too — began to set their focus on this new, beautiful breed, extolling their panache, their virtuosity, their 'savoir faire' out of all proportion. Maybe, the hitherto placid housewife felt threatened. Maybe she began to feel inadequate (though, God knows she had no reason to feel so). And the feelings triggered off a whole host of accusations: the working girl is a floozy, she leaves her home to have fun, she neglects her children, she snatches husbands. . . Now, it was the working woman's turn: the housewife is blowsy, she is lazy, unintelligent, drab, what does she do all day long?. . .

And the fur flew thick and fast. And while the cats scratched each other, who do you think enjoyed the whole scene? The mouse — or, rather, the louse!

The machiavellian male has played his own part in the scheme of things, setting up one against the other. Watch the machos at a cocktail party: they'll sidle up to the working girls, drool all over them, pay them the most outrageous compliments. . . and then they'll bitch behind their backs at the old boys' get-together. Watch the lord and master at home: he'll praise deviji's 'baigan ka bhartha', admire the monogram she has embroidered on his kerchief. . . and then lash out at her, with his tongue and his hands, if she dares argue with him or make a decision on her own.

However, men apart, we feel the women themselves must share some of the blame. It is painful to see and hear the two categories of women warring with each other when, in the end result, it is always the woman who gets the short end of the stick, whether she is "just a housewife" or a "sparkling working girl".

Actually, we suspect that there is a whole lot of envy on both sides. The outwardly brave, strong working woman often longs to ditch the rat race and stay at home. And you know, of course, how one famous housewife has categorised herself and her sisters-in-the-kitchen: if life is a bowl of cherries, why am I in the pits? Yes, certainly it's a case of "the grass is greener. . ."

Why, then, the adversary position? There should be no "versus", no crossed swords, no drawing of blood. Women must realise that in unity lies their strength. This is not to say that they should unite against men. Far from it. But together they can impress upon the world of men that, as women, they are, individually and collectively, fulfilling certain roles and that both — the housewives and the working women — take pride in the work that they do, be it in the home, or outside.

Don't settle for just a mixer ...you deserve Sumeet

ALL PARTS PATENTED

Amazing Sumeet! First of its kind in India and amazing more and more housewives all over the country.

Only Sumeet has a single all-purpose stainless steel jar, specially designed for all jobs. It comes with a see-through acrylic dome—so you can actually see how Sumeet performs!

To make various jobs quicker and easier, there are now 4 blade assemblies:

For wet grinding.

For dry grinding.

For whipping, blending and liquidising.

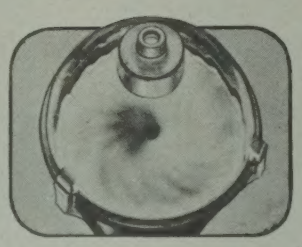
For mincing meat and grating vegetables.

Plus a special kneading attachment to make smooth dough for chappatis, puris, paparhs.

And even a special hook to mix cake batter...

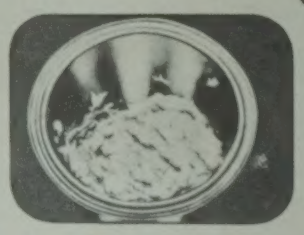
What's more, Sumeet has a heavy-duty motor that can run non-stop for 30 full minutes.

Amazing Sumeet is the only complete kitchen machine. It's well worth waiting for!

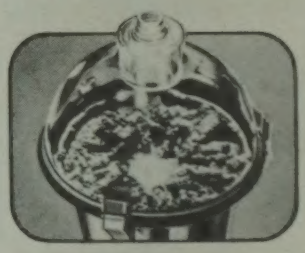


Wet grind udad dal and rice for vadas, idlis, dosas...in 3½ minutes only.

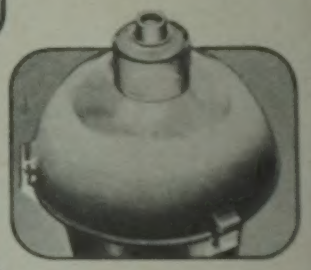
Dry grind all your masalas: red chillies, black pepper, turmeric, coriander seeds...in just 3½ minutes! Even roasted coffee beans.



Mince meat in 1 minute. And grate carrots, onions, coconut, nuts...in seconds.



Grind coconut chutney in 2 minutes. Or simple mint/coriander chutneys in seconds.



Whip up lassi, milk shakes in just 1 minute. Or make mayonnaise in minutes. Even churn butter at home.

Knead atta in 2 minutes—for chappatis, puris, naans. Mix light-as-air cake batter in 3½ minutes.

Sumeet®

The Only Complete Kitchen Machine

Also available : Sumeet Domestic (without kneading attachment which can be bought separately).

Sumeet does the widest range of jobs, outperforming all household mixers. Watch for our FREE DEMONSTRATIONS and see Sumeet perform specially for you!

I ACCUSE...

Both categories of women — housewives and working girls — seem to be insecure and unsure of their role in life .... otherwise they would not fire accusations at each other, or look down upon the "adversary" so contemptuously.

Here is a list of the major accusations so freely and unreasonably bandied about, followed by a balanced look at a woman's world, by MIKKI HARIANI

ACCUSATIONS AGAINST CAREER WIVES

CAREER women neglect their children and husbands. That's why their children are always sick. And see how much the poor man eats at parties! He's really starved for good food.

WHILE we housewives starve away at home for nothing, the career woman makes enough money to buy all the dresses, handbags and shoes she pleases.

IN a country where there is a high level of unemployment it is totally unfair that career women take away jobs from our menfolk just so that they can selfishly enjoy a higher standard of living.

THE career woman bribes her children with sweets and toys to make up for her neglecting them. No wonder her children are such spoilt brats! I would not at all be surprised if they grow up to be delinquents.

THE career woman doesn't believe in the sanctity of marriage. Just look at the number of divorces amongst them! And if it is not bad enough breaking up her own home, the career woman is now after my husband and to achieve this she wears provocative clothes, smokes, drinks and argues with him like an equal!

THE career woman has no respect for her husband and in-laws.

CAREER women have the best of both worlds — the excitement and satisfaction of working outside the home during the day and the contentment and fulfilment of a home and children in the evenings and at weekends, but then they sneer at us and call us bores.

AS for the argument that when a woman stays at home her brains fly out of the window — rubbish! Why should working in an office miraculously endow one with wit and general knowledge? In fact, we housewives arrange our days so that we have plenty of time to read the papers and learn new and interesting skills such as bonsai and special types of cooking. In fact there is no bore quite like the office bore, as anyone who has ever had to listen to a recital of what AB the MD said to CD the GM at the R & D meeting, can testify to.

CAREER women never have the time to do any community or social work while most housewives spend at least some time doing voluntary work in the areas in which we live. After all some of us have to do something for people less privileged than ourselves.

ACCUSATIONS AGAINST HOUSEWIVES

HUH! As if the housewife is any better. The servants do the cooking and the housework, any way. The only difference is that we don't nag them in the name of supervision. Since we are pressed for time our food is not rich and greasy but simple and nutritive.

WHOSE children are not sick these days? If my child is sick, it is because I'm neglecting her. If it's my neighbour's child that's sick, it is immediately, "Poor thing, you know she stayed up all night because her son ran a temperature." No one realises I have to do all that and get to the office on time the next day.

THE housewife sits at home supervising her servants' work, enjoying coffee mornings and kitty parties with her friends while we stay all day in the office and slog all evening at home in order to keep the house running smoothly.

THE housewife is a parasite. She doesn't bring any money into the family kitty yet she keeps mumbling that her husband doesn't give her enough money to spend on luxuries. We work hard to earn our own money, but in these days of inflation all of it is spent on running the home and buying a few luxuries for the family.

THE housewife is a bore. She doesn't use her time to keep her mind alive. All she can talk about are the rising prices of vanaspati and vegetables and then she feels jealous and threatened if her husband finds the company of career women more stimulating.

HOUSEWIVES are far too possessive of their husbands and children because they relate to the world solely through them.

THE housewife's world revolves around the needs of her husband and children but once the latter grow up and leave home, she never knows what to do with herself and gets depressed and lonely because she has nothing to do any more. If she bothered to develop outside interests she wouldn't be so dependent on her family and would be more interesting.

THE trouble with housewives is that they cling to the old outdated myth about a woman's place being in the home. They were raised to believe that they had a special place in the world and that special characteristics fitted them for certain tasks and unfitted them for others.

THEY are passive and complacent and hinder our chances of changing the world.

Stayfree* Beltless Napkins

No belts, no strings, no bother.
So snug and secure, you can do exactly as you please

You've heard about beltless sanitary napkins. Now discover how convenient they are to use: no belts, no strings, no bother.

STAYFREE Beltless Sanitary Napkins have a simple adhesive strip. You press it on the inside of your close-fitting panties and it keeps the napkin firmly in place. Snug and secure. So much easier to wear and change than all other napkins.*

STAYFREE Beltless is a full-size napkin that gives you complete security. Its highly absorbent layers trap all the moisture inside. And with its 3-way plastic shield (around sides and bottom) there's no chance of staining.

Now, you can experience all the comfort and convenience of beltless protection right away. Ask for a pack of STAYFREE Beltless today.

Full-size napkin. Securely held in your close-fitting panties by an adhesive strip.

Available in packs of 10 and 20 napkins.

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I ACCUSE...

THE old saying "It's a man's world. A woman's place is in the home," is antediluvian in origin and is hoary with age but is nevertheless universally accepted by both men and women alike even in the fast moving technological age we all live in. This division of the world by sexes was challenged a century and more ago by the suffragettes during the first wave of feminism but it still continues to endure despite the fact that women everywhere these days serve as heads of states, fly planes and are brain surgeons.

One of the reasons why the old adage about a woman's place being in the home lingers on is because the institution of marriage has continued to endure and flourish. What many people lose sight of in these days of more frequent love marriages is that marriage is a legal contract which obliges a husband to provide money for the basic necessities and a wife to provide sex, do the housework, mind the children and go wherever he chooses to take her. The cards are stacked overwhelmingly in the husband's favour as long as he is the only wage earner. He earns the money and therefore he has the power. This neat and tidy system however breaks down and confusion starts when the wife earns too.

This is in fact what is happening now in India. More and more women are working outside the home and are in every possible sphere of life. But even as they move away at jet speed from their former parasite existence, a problem arises because they no longer have role models on which to base themselves, or patterns to follow. This is why head on verbal collisions occur frequently between career wives and housewives whenever the two groups get together.

Even though the presence of servants ensures that career wives do not have to persuade their husbands to share the household chores in the evenings and at weekends as in the West, career wives feel guilty about not being able to devote as much time to the well being of the family as their mothers could. In particular women who don't have to work for economic reasons are not sure whether they can meet a standard of performance in the work place set in the past by men (who had wives and perhaps a joint family too to take care of all the details of day-to-day living) and at the same time meet a standard of performance at home and with the children set up in the past by women whose whole sense of power and mastery had to come from being perfect housewives and mothers. Women everywhere have been told for centuries that their traditional role is to live for others while putting themselves second so they now find it difficult to decide what is best for them as individuals. One point that must be kept firmly in mind when discussing working women is that not all women have the choice of not working because the vast majority of them who work do so by force of economic circumstances In these days of world wide inflation few families can manage on just one pay packet. It is certainly not true that a career wife spends all her earnings on frivolous luxuries for her use alone as the major portion of the average career wife's sarary goes towards running the home. We must also not forget that in certain communities and socio-economic groups it is still the custom and considered the duty of wives to hand over their unopened pay packets to their husbands or mothers-in-law. It is also a fact that many working women never get the chance to spend their hard earned money as and how they'd like to, because of this system and are therefore, in exactly the same position as some housewives in joint families who are not given any pocket money.

There are also many cases of reluctant career wives — women who are forced to work by their in-laws who nevertheless expect their daughter-in-law to be submissive and opinionless in the home. How can anyone say that such women have no respect for their husbands and in-laws? On the other hand well-off, qualified wives who do not need to work for financial reasons but need to work in order to feel fulfilled and have self-satisfaction often have to face and overcome stiff opposition from their in-laws in order to work. It is apparent though that the attitude to career wives varies according to the cultural norms prevalent in the socio-economic groups and communities to which women belong.

My friend Mala's experience illustrates this very clearly. She is from a wealthy, liberal highly educated family and had been brought up to believe that women should work. She met and married her husband Anil while studying at the same university in England. When the young couple returned to India it became very evident that no one in Anil's parents' circle accepted working women. Mala was constantly told that a woman's place was in the home and that her job was looking after her husband and children. People even asked her why she wanted to work when Anil could provide her with all the comforts in the upper echelons of society.

It is considered trendy for husbands to have wives who are not just housewives but who do something in addition to running the house. The husbands force their wives into careers that are considered fashionable and that have very little to do with their wives' qualifications or talents. Naturally in such cases the wives' primary duties remain looking after husband, children and house. These unfortunate women are therefore, forced against their will into being super-women.

In some groups, particularly amongst the middle-class, educated women who are potential wage earners are highly sought after as marriage partners for men and are respected by in-laws. As Indu, a highly paid beautician in a five star hotel put it "I am greatly respected by my in-laws and given much more importance because I work and bring in money to the family comforts and am not a drain on the aggregated resources." What all this adds up to is that people's attitudes are affected by the prevailing economic climate as well as by their financial needs. If the money brought into the home by a daughter-in-law is needed fairly desperately then the in-laws do not object to her working.

Housewives often accuse career women of not respecting their in-laws and husbands. What really happens when women work outside the home is that they come into contact with a great many other people and therefore, their immediate family ceases to be their entire universe. Their affection for them however, remains unchanged and this after all is what is really important. One of the commonest accusations flung at career wives is that they neglect their children and husbands. A great deal of research has been done in the West on whether or not children are harmed by their mothers being away from them during their formative years. The evidence gathered by researchers overwhelmingly indicates that as long as children get a secure and loving start in life from somebody, whether or not their mothers are out at work is irrelevant.

In India, the land of ayahs and joint families, it is easier than in most other places to arrange for willing people to act as surrogate mothers. Working women if anything are usually more conscientious than others about arranging their other activities so that there is plenty of time to be with and do things with their children. Also, working mothers are not as likely to be worn out by their children's needs as stay-at-home mothers are by 6 p.m Career mothers are starved for their children and are ready to enjoy their games and listen to their troubles instead of yelling at them to go outside and play. So that they can have a few minutes peace.

The obvious advantage that working mothers can offer their children are the material benefits that a second salary makes possible but there are many other subtle advantages. For instance, working women have their own knowledge of the world their children are growing in and therefore find themselves closer to their children. Mothers who know something about organisations larger than their own households can help children understand and cope with the outside world, better than those who don't. Also mothers who work make marvellous role models for their daughters who grow up knowing that a mother can be warm, loving and

FOR CENTURIES, WOMEN HAVE BEEN BRAINWASHED INTO BELIEVING THAT THEIR TRADITIONAL ROLE IS TO "LIVE FOR OTHERS". NOW, THEY ARE FINDING IT DIFFICULT TO DECIDE WHAT IS BEST FOR THEM AS INDIVIDUALS

Continued on page 65

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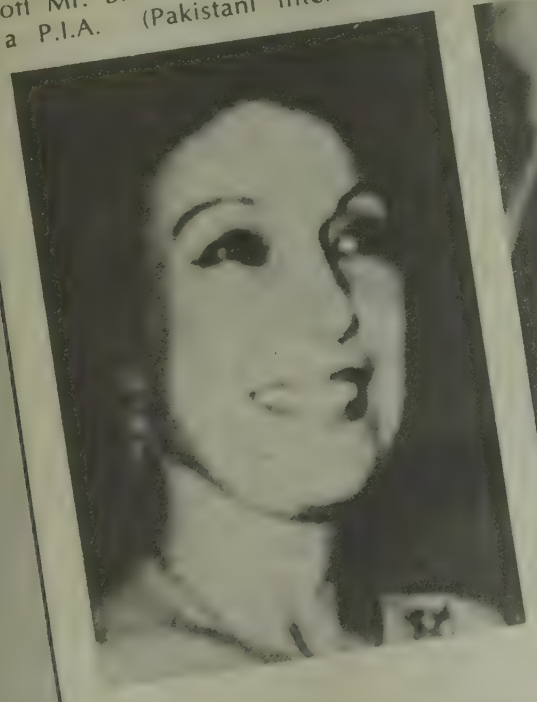
IE fabric of pan-Islamic unity seems to be wearing very And thank goodness for that, rwise all "infidels" and "un-evers" like the rest of the -Islamic world would have n put to the sword! First, en Khomeini started his revo-ion in Iran, it was thought at in the spirit of Muslim resur-nce, Pakistan would be armed attack India. But no such thing as happened. Instead, Afghanis-an was invaded by Soviet Rus-ia and the Islamic world, apart from heavy rhetoric, could do nothing. Then Arab Iraq attacked Aryan Iran, and the Muslim world was again divided. In between all this, Muslims divided themselves further into Shia and Sunni camps. President Zia of Pakistan, who tried to portray himself as a Muslim head of nations and a peace-keeper, was rebuffed by several Islamic countries as a usurper and a murderer of Mr. Bhutto.

President Zia is paying dearly for his hasty action in polishing off Mr. Bhutto. Some weeks ago, a P.I.A. (Pakistani International Airlines) plane was hijacked and taken to Kabul. Zia immediately arrested the widow of Bhutto, **Begum Nusrat** and her daughter **Benazir,** both fierce political opponents and bitter enemies of Zia and locked them up in jail. Although he claimed that they were connected with the hijacking, nobody believed him. Anyway, Zia lost the battle when he was forced to release 49 political prisoners rotting in Pakistani jails in exchange for the 55 hostages held in the plane.

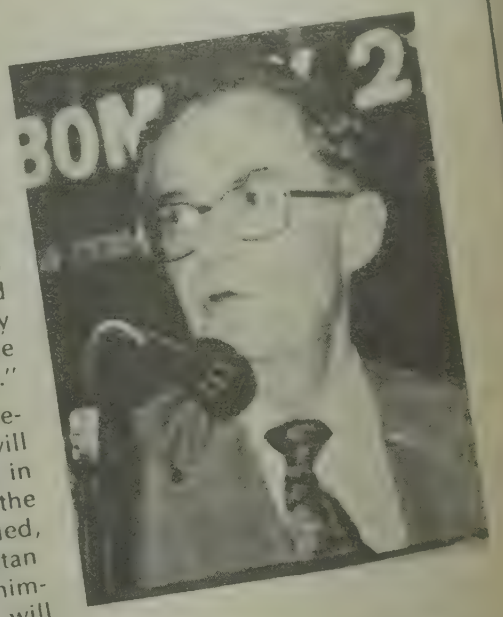
Now comes the true story, **Murtaza Bhutto,** the 26-year-old son of the slain president, was the brain behind the hijacking. While his father was alive, he pursued his studies at Oxford and spent most of his time chasing girls. But after his father's death, he swore revenge. He made contacts with several West Asian leaders, including Colonel Gaddafi of Libya, and plotted Zia's overthrow. He and his band of 50 terrorists operate from a small bungalow in Kabul, but they have already launched acts of sabotage all over Pakistan. And Zia knows his rule as well as his life is in danger. When asked by an American reporter whether the hijacking was a major victory for his opponents, he thought for a moment and said softly: "Yes, I think so, yes. It is quite obvious."



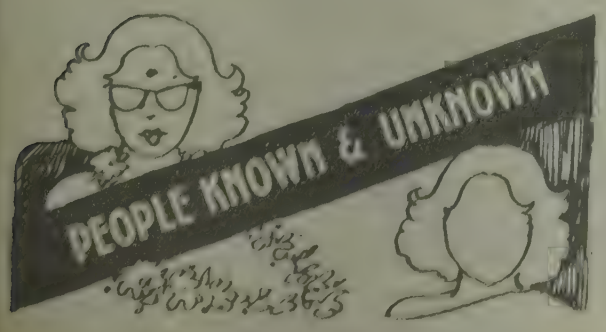
DAVID HAWORTH, a spokesman of the European Economic Community (E.E.C.) has reason to be miffed. For long some sects have interpreted certain parts of the Bible to mean that when the yellow race overruns the earth, there will be an 'anti-Christ' who will destroy one-third of the world's population before the second coming of Christ. For this, 10 nations of the erstwhile Roman Empire are supposed to get together. Well, according to a half-page advertisement that appeared in 'The New York Times', recently, ". . . .there will be a 10-nation economic alliance. This is the E.E.C., the European Common Market. It is nine nations. Most are N.A.T.O. members. Recently they created their own currency based on gold and a parliament. The Bible said — 10 nations. It happened, they accepted a 10th nation — Greece took office on January 1, 1981."

According to the advertisement, a time of tribulation will begin on June 20, and end in 1988. A new world leader, the head of the E.E.C., will be killed, then returned to life by Satan after which he will declare himself to be God. Then there will be war and 200 million Chinese will march to Israel to annihilate that nation. Some other American evangelical leaders with large followings have also predicted on television that an unnamed future leader of the E.E.C. will be the 'anti-Christ' who will be the final loser in the battle of Armageddon. To all of which Mr. Haworth replied: "It's utter nonsense. And you can say I said it."

MANY women have shied away from having themselves sterilized because of the expenditure and pain involved and also because of the enforced bed rest, which they can ill-afford. An eminent American gynaecologist **Dr. Robert Neuwirth,** who was in Bombay recently, has come up with a revolutionary technique of sterilization that avoids surgery altogether. This consists of introducing a device into the uterus through the vagina and cervix. This is followed by the injection of a tissue adhesive into the uterus. The liquid chemical solidifies as it passes along the tubes and effectively blocks them forever.



However, this is still in the experimental stages. Dr. Neuwirth initially tried this on 250 women and observed a success rate of 80 per cent with a single application and a staggering 97 per cent with two applications. If successful and accepted on a large scale the method promises to be inexpensive as well as uncomplicated requiring the woman to stay in bed for less than half an hour. So far, no side effects have been detected



Hitler was not the only madman who could sway an entire nation to do his bidding. According to the police commissioner of Rome, Mr. Paul Nash, Bernardini, a priest of the Salesian Order in Rome, left it 12 years ago at his own request because of mental problems. He and two women accomplices then set up shop — a religious institute — outside Rome and swindled women out of their paychecks to the tune of $50,000. This was on the promise that they would 'liberate' the women from the 'demons' that were tormenting them. This was done by a unique, if bizarre method. First, a cross was burnt on the tore heads of the women. Then they were tied up, covered with ice, and prayers said over their bodies. Luckily the police uncovered the racket on time

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TO THE NATION

THE NEED TO BE FULFILLED

TO EACH HER OWN — AND EVERY WOMAN MUST HAVE THE RIGHT TO CHOOSE WHAT SHE WISHES TO DO WITH HER LIFE. THERE ARE NO FIXED RULES... ALL SHE NEEDS IS THE COURAGE TO SURMOUNT THE PREVAILING CONVENTIONS

Preeth I. Biddapa

The changing times continuously create new avenues to be explored, new demands to be satisfied, new needs to be fulfilled. More than ever before, women are exploiting options unique to their sex alone — whether to stay home and rear children or whether to go out and work, or whether to combine both. This would depend upon whether they want to, or feel compelled to, because of voids — be it financial, emotional or creative — caused by changing lifestyles.

BHAVNA SHAH

Bhavna Shah typifies a rare and unusual kind of woman who fills the void in her life without subjecting herself to the rigours of a full-time job. Her flexible lifestyle allows her to shelve her own interests to serve that of husband and children if need be as she places topmost priority come what may, to fulfilling their needs before those of her own. "But that did not mean that I was going to sit at home all day with nothing to do when my family was at work or at school."

Bhavna did an export promotion course in handicrafts which was run by the All India Institute of Handicraft in 1974, when her three daughters were still very young. She was the oldest in the class, and the only one in the group who did not offer up a project for completion of the course, but decided to plunge into one of her own by bagging an export order for soft toys, and then calmly going ahead and fulfilling it. However she refused to get tied down to business all the time. "I take orders only when I want to do something for myself." This attitude helps her to devote time to her children's projects in school, since, "I don't want them to grow up in isolation."

Sometimes she earned as much as Rs. 5,000 a month, sometimes Rs. 1,000 and sometimes nothing. The whole of last year she took time off from business as her youngest daughter Jayshree aged nine was just starting half day school, and she felt she would require more of her attention to settle down properly.

She intends starting business again from June 1981, when Jayshree begins full day school as she does not want to cripple her children "by making them dependent on me by my doing everything for them." This enterprising lady has signed up for law classes from June as well, as she feels there is a void in her husband's legal understanding and wants to fill it!

ANU BEHL

Anu Behl, vivacious mother of two daughters, aged 12 and eight started working for the first time some months ago with a firm that exports garments, bags and shoes for an internationally

known chain of stores in Europe and New York. Though Anu has had some training in buying and executing orders for export in a part-time job earlier for a very short time, working full-time was quite a different proposition.

"The first month I was a nervous wreck. The children were at home with holidays, I had a new maid, and my mind was constantly dwelling on them. But, I loved the nature of the job so I did continue after all." Anu, like most women whose children are at school full day, felt the need to do something useful and interesting. Though the job is demanding, as export orders have to be executed with a sharp eye for detail, from taking the orders correctly from the foreign buyers, to instructing suppliers with the exact requirements that had to be strictly adhered to, Anu said she enjoyed the job and the sense of achievement it gave her. The extra money was also very handy in providing luxuries like Hindustani music lessons for herself and her two daughters which was otherwise simply not possible on the kind of salary her husband brought home.

MRS. MALKANI

Describing how she broke out of a sheltered and protected joint family environment after 16 years of marriage, Mrs. Malkani exemplifies the sort of woman who fills the void for achievement in her life by satisfying it in her own individualistic way In 1950, shortly after moving to Bombay from Pakistan Mrs. Malkani became a 'sleeping partner' in her husband's travel agency, which was bought purely as an investment. A trip abroad to Europe with her husband opened her eyes to the exciting possibilities in travel. "I asked my husband to let me sit in my agency and allow me to play an active part. The first six months, I was nervous as I had never worked in my life before, but my staff gave me tremendous confidence."

She was responsible for introducing incoming tours from abroad, in SOMC. "I travelled abroad by myself, meeting agents there, presenting attractive tariffs and improved services." For 14 years Mrs. Malkani was at the helm of affairs in SOMC, and under her it grew rapidly. Now Mrs. Malkani is taking it easy, as she has slowly groomed her son into the fast growing business and feels the need to withdraw from the hustle and bustle of trade to contemplate life in peace and privacy. "As the structure of life changes," she declared, "we need to change. I feel satisfied that I achieved what I wanted to."

MRS. PRITHVIRAJ

What makes a young, successful woman who is holding down a full time job as an accounts executive in an advertising firm suddenly give it all up? "A nine-to-six job actually works out to an eight-to-eight one, if the time taken in commuting to and from work is taken into account," says Sandhya Prithviraj. "After work you're so tired, and it's so late, there's no time left for hobbies, friends or any other interests." So Sandhya upped and decided to quit her secure

routine job, to look around for something which does not allow the quantity of life to deteriorate and gives "One enough time to live as one wants to," without one's nose being tied to the grindstone. Sandhya wants to do something that will allow her to earn as well as keep her other

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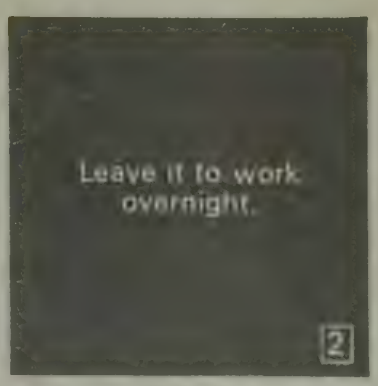

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The wife decides to go out to work and she needs . . . oh, so many things. BUSYBEE lists the demands made on a bewildered husband

The other day, the wife said: "I think I will take on a job, all housewives work these days and help augment the family income."

"Thank you," I said.

The wife said: "I will require at least six new sarees. These multinationals expect their staff to come well dressed. Also, I will need a complete new outfit when I go for the interview."

"You don't have to work in multinationals," I said.

The wife said: "Transport is going to be a big problem. I do not know how you manage to commute from house to work every day, but then you are a man. I will require a car and a chauffeur."

"Yes," I said.

"And another thing, we will have to keep a couple of servants in the house. As you know, working women have no time to do housework and cook for their husbands and look after their children," the wife said.

"True," I said.

The wife said: "For my lunch, you don't have to worry. We will run an expense account at one or two hotels and you can settle the bill at the end of the month. It will be so much more convenient than coming home for lunch and going back."

"Right," I said.

"Of course, there will be people who will not like the idea of my working and say things behind your back, how you cannot support me and so I have to go out and earn my own living," the wife said. "But people will talk and there is no helping that. Not that there would not be some justification in what they will be saying."

"Fine," I said.

The wife said: "My job will involve a lot of entertaining. Most of it will be done at home, that is the present trend, invite people to your house. So naturally we will have to shift to a better house. It will not look good to call my business guests to this flat."

"Whatever you say," I said.

"Our new house will have to have some work space for me, my study, where I can bring homework and do it in the night. And a desk for a secretary that I will have to employ. You can pay the secretary a reasonable amount," the wife said.

"I'll do that," I said. "But would you please tell me where I am going to get the money for all this?"

"You can take on an extra job in the evening," said the wife. "If your wife is prepared to go out and work, that is the least that you can do."

THE NEED TO BE FULFILLED

interests going. But starting one's own business with no backing is tough, and Sandhya is not quite sure what she will do next.

Though she tried making enquiries about self employment, so as to be able to make a smooth transition from her advertising job, she found it well nigh impossible to go on fact finding missions while on a demanding full-time job. At the moment Sandhya has launched into freelancing in advertising campaigns and does not expect to find it difficult to take up work in other fields too.

"Working for oneself has the advantage of enabling one to make all the final decisions, unlike working in a full-time job, where one has to report back to a higher authority," said Sandhya. She pointed out however that though many women wanted to do something on their own, not many had the confidence to start. The rewards of working for oneself were ample, not the least being an absence of routine and a chance to improve one's quality of life.

NAVNEETA MELWANI

Young Navneeta Melwani, an M. A. in social science with family and child welfare as her subject, represents the well qualified Indian woman who wants to serve society, but has to take time off to tend to her family because of the arrival of a baby. For seven months Navneeta worked in foster care organised by the Maharashtra State Women's Council. Foster care is provided by skilled social service workers to those who are passing through a temporary crisis like the death of a parent or child or sickness in the family by placing them with relatives or understanding friends, until they are able to cope with the situation in their own homes and surroundings.

"Fortunately, I do not have to work for money, as there is no financial void in my life," declared Navneeta. "But I do want to feel I'm contributing a useful service to society," she said, echoing so many young women who fail to understand why only the existence of a financial void justifies the need for a woman to work outside the home

Shortly before the baby arrived, though Navneeta found it increasingly difficult to cope with pregnancy and the demanding nature of her work which meant counselling others not as fortunate as herself. So Navneeta gave up the latter, devoting herself to her family life, and taking sitar lessons.

"I have my husband's support to work, especially because I'm trained for it. Though a full-time job will be difficult now that I have a baby. I do intend to take up part-time work." In fact Navneeta has already started in a small way to try and fulfil the longing to make use of her training, by arranging to read two hours a week to a blind boy, and hopes that gradually she will be able to do more.

There are no fixed rules as to what women should do and should not, if only, like the women mentioned above, one has the courage to fill the voids in one's life, despite the pressure of conventions that cajole one into conforming, rather than allowing freedom to fulfil one's needs.

MALE VIEWPOINT

LIVING WITH A WORKING WOMAN

. . . and behind each such woman, there is a husband who acquiesces to his own fate, says ANIL DHARKER

Faced with the prospect of choosing a future career, young Dharker, unable to fit known talents into the rigid requirements of the adult world opts for a brilliant solution. "What will I be when I grow up? I will be married to a rich girl."

The solution is consistent with his upbringing. A fond mother and sisters at home, an army of grandmothers, aunts and nieces not too further afield, wait on him hand and foot. Life is simple: wishes are treated as commands, cool water is brought on silver platters, favourite dishes get cooked and minor wounds are treated as major calamities. Not too much is expected in return: a flattering phrase here, a mischievous glint there.

Transposed to England, does Dharker, grown from callow to callous youth, choose to disport with any of the nubile natives, eager to prove liberal credentials? No sir. He chooses instead a shy, young bride, if not from back home, at least from the subcontinent, with the same traditions and upbringing. In short, ready to do his bidding.

The bride turns out to have a mind of her own. I exaggerate; I **knew** she had a mind. The question was, would she use it for constructive things like looking after home and husband or something as mundane as a career?

Behind every working woman there is a husband who acquiesces to his own fate. How did it start? Partly economic necessity and partly something for her to do. The initial imperatives may have disappeared, but a job acquires its own momentum. (If Durga is astride a tiger, she cannot dismount).

If H. G. Wells' Time Machine were around, and I could whizz Imtiaz and me back to the day of our marriage, would I have things differently?

Put another way, is having a full-time housewife the ultimate in luxury? It depends, doesn't it, on the kind of wife you have. If she is to the manor born, then indeed she will be happiest in the house. If she isn't, she won't.

Try and confine a woman whose horizons extend beyond the four walls of her home, and the lid about to blow off in the kitchen, will not be just the pressure cooker's.

I know that women stayed at home in the past, when it was not socially acceptable to work, but did they just stay put? Think of the charities and the social causes that owe their existence to women who wouldn't be bound.

The question of working women vs. housewives is therefore purely academic. For the working class woman, work is essential for survival: She has the worst of all possible worlds. Drudgery at work, chores at home; serving a master during working hours, attending to the lord and master later. It is not much fun for the lower middle-class woman either, when a routine job is often the difference between hand-to-mouth existence and the ability to buy a few luxuries.

It is only with the upper middle-classes that there is the luxury of choice.

Having chosen, where does that land us? The morning rush, two people trying to break the sleep and time barrier, instead of the fond farewell at the door; the breakfast missed together rather than the bread-earner sitting down to his egg and toast, with morning paper and fond wife in attendance.

It means lunches consumed seperately (we gave up a long time ago, trying to co-ordinate two different sets of office routines to a common meal-time crescendo).

It means frantic phone calls to establish getting-home times, with one invariably waiting for the other.

It means two people unwinding from the day's work instead of one; two people wanting to talk about the day's giddying achievements instead of the magical speaker and his spell-bound audience.

My editor asks me, does the fact that you have a working wife, mean that you have a Finance Minister and a woman rolled into one? The answer is no. It means having a working wife and a WOMAN, rolled into one.

Working together means sharing a great deal more than in the other kind of marriage. It also means a much greater understanding by the husband of the wife's double role. But does the woman in your working wife ever take a holiday? Does she ever put it down to fatigue that you did not notice how beautiful she looked today? Will she condone your forgetfulness in getting those potted plants so essential for the party today?

There are other problems too, especially if your professions are similar. Gone is the admiring young wife, raving about all your literary feats. Instead, your sternest critic is now at home, pointing out gaps in logic, construction and grammar. I have now taken to smuggling out articles at the crack of dawn.

The other danger is in meeting strangers. The host is doing the introductions. "And yes, this is Anil Dharker. He is Imtiaz Dharker's husband."

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SAUMON GRATIN 'ASHOK'

Serves 6

Take a salmon or *raawas* (approx. 2 kg), remove innards, clean thoroughly. Place in a tray, season with salt and pepper, add 20 ml white wine, 50 g cream and 40 g butter. Cook slowly in an oven (300°F), 30 min. Place in a serving dish. Reduce the remaining sauce and thicken with 10 g butter mixed with 10 g flour. Top fish with sauce, sprinkle 50 g grated Amul Cheese and place under a hot grill for a few min. or till cheese topping is golden brown.

Lobster Thermidor Boil 3 lobsters, 15 min. Cut lengthwise into 2 pieces, remove meat, clean and chop into small pieces. Set shells aside.
Heat 40 g butter. Add 50 g finely chopped onions, 100 g mushrooms and meat. Cook for a few min. Add 10 ml sherry, 50 g cream and seasoning. Reduce the remaining sauce and thicken with 10 g butter mixed with 10 g flour. Add 50 g grated Amul Cheese. Fill shells with this mixture, top with 20 g grated Amul Cheese. Leave under a hot grill till cheese topping is golden brown.

To finish Garnish the salmon with filled lobster shells on both sides.

GREEN NOODLES RAGOÛT

Serves 6

Noodle Paste Cook 100 g spinach. Make into a fine paste. Make a dough from 500 g flour, spinach paste, 5 eggs, 20 g oil and 10 g salt. Add a few drops of water, if necessary. Refrigerate, 1 hr. Roll dough thinly, cut in long strips. Boil in salt water, 3-4 min. Strain. Set aside to cool.

Italian Meat Sauce Heat 10 g oil and 10 g butter. Add 100 g finely chopped onions and 5 g crushed garlic. Fry, 3 min. Add 250 g minced mutton, 50 g minced ham. Cook, 5 min. Add 200 g puréed tomatoes, 100 g finely chopped mushrooms and seasoning. Cook covered on slow fire, 45 min.

To finish Toss noodles in 50 g melted butter and warm slightly. Place in a serving dish, top with sauce and 500 g grated Amul Cheese. Place under a hot grill till cheese topping is golden brown.

PICATTA DE VOLAILLE NICOISE

Serves 6

Season 6 slices of boneless chicken. Set aside. Saute 6 slices of cooked ham in 50 g butter and remove. Cook chicken slices on both sides in the same pan. Remove. Now add 30 g finely chopped onions, 200 g sliced mushrooms, 200 g puréed tomatoes, seasoning, and cook till sauce thickens.
Bake 6 small tomatoes with 20 g butter (375°F), 15-20 min. Sauté 250 g boiled french beans in 30 g butter.

To finish In a flat long dish, alternate chicken and ham slices so that they overlap. Top with mushroom sauce, 100 g sliced Amul Cheese and place under a hot grill till cheese is golden brown. Serve garnished with baked tomatoes and french beans.

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CAREERS IN PERIL

A. T. Jayanthi

Does marriage really affect a woman's career and vice versa, especially within the film industry where women face odd hours of duty cradled in the arms of different men? Obviously an answer to this question cannot be a simple yes or no. Our industry has a motley collection of all types. Women who've quite contentedly given up their careers to settle down to a 'happy married life,' women who've continued working regardless of any hassles (including marriage), women who've broken up their marriages for their career and women who've begun working in films only after marriage.

Women the world over are clamouring for equality, but how many have achieved it? The domestic scene doesn't seem to have really changed. Whether a woman continues her career or not seems to hinge very much on the husband's wishes. Only if the husbands give them permission do the women work and the husbands are quite often forced to let their women work under financial stress and if affluent, of course, forbid their women from pursuing a career. There are very few enlightened men who've discarded their chauvinism and given in gracefully to their women's demands.

But how can one expect a man to respond positively when a woman is quite content to accept all the injustice meted out to her and in fact revels in it?

Look at Neetu's recent marriage to Chintu. Right from the outset Neetu not only had to eat humble pie but was also at the receiving end of Chintu's nasty remarks and catty digs at her. She happily gave up her career which she had pursued relentlessly from the time she was introduced as a child artiste because Chintu said, "After marriage to me you cannot work."

Neetu gave up her career without the bat of an eyelid because she felt Chintu was a better catch than any career. All the money in the world would be just a drop to the rich Kapoors.

Neetu seconded Chintu's views and made rash silly statements like, "Once I'm married I'll never act again. I've slogged for so many years that I'm dying to settle down at home and look after the house. I'm basically a very homely sort."

One expected more grit from a girl like Neetu who has struggled since childhood, or to put it in her own words "slogged" Why did she give up everything at the drop of a hat? Is she really happy waiting at home for her husband to return from shooting and making the rounds of parties and being reduced to one more decorative piece at the Kapoor homestead? Neetu feels there's more to life than work, and looking after a home is a full time job. One wonders what it is that occupies her full time when all of us are aware of the battalion of servants employed in star homes to look to their every need. Right from fetching the morning newspaper to making the beds at night.

RAAKHEE

VIDYA SINHA

Neetu's marriage was performed in a traditional manner not just the religious rites but even so far as giving dowry.

The Kapoor boys Dabboo and Chintu quite proudly and pompously admit that "we're male chauvinists, we won't let our wives work", as if it were a virtue. The men react very violently to any indiscretion in their wives but quite blatantly carry on innumerable flings with whomsoever they fancy.

The Kapoor men carry this chauvinism to such ridiculous extremes that they even demand sons from their wives as if sons were born at the men's say-so.

One cites the Kapoors only as examples of typical male chauvinistic behaviour in the industry, but the rest of the celebrity men in the industry are not very different.

Cast more or less in the same mould as the Kapoors is Rajesh Khanna. Rajesh is one of those typical males who thought it was his birthright to have whatever he wanted. Rajesh wanted this young beautiful girl of 15 for a wife. He dropped Anju Mahendru like a hot brick and married Dimple before she could have enough time to think whether it was worth marrying a man more than twice her age.

Film heroines who have slogged for years to make their way up in the world of fame and glamour, chuck it all up merely because of marriage. Most of these girls "retire", with no regard for their talent, their pride, their individuality. Were it not for the few who place their careers on par with — if not above — a marriage, the cinema here would be a wasteful desert, as far as the actresses are concerned

Rajesh snatched this child away from all that was familiar to her, and told her she couldn't act in films. He married her before the release of her super hit film "Bobby" and didn't let her go to the premiere because Rajesh was well aware that he'd have to share the limelight or take a back-seat — something he hasn't learnt to face to date.

Dimple was consigned to the "Ashirwad" fortress and naturally enough indulged in kitty parties and encouraged all sorts of people to be her friends until once again husband Rajesh put his foot down heavily.

Dimple has fled from Rajesh more than once only to be wooed and brought back again. But her recent walk-out on Rajesh brought to light some very unpleasant truths about their marriage which shocked even a male chauvinist to the core.

If Dimple's accusation was true, did Rajesh resort to physical violence with his wife to prove his domination?

It is obvious that giving up her career didn't really make Dimple happy or her marriage successful. Now it's rumoured that Rajesh is trying to rectify his mistake and backing Dimple to turn into a full-fledged script writer. Maybe this will occupy Dimple's idle mind and launch her once again as a career woman.

Another career woman who gave up her career to marry was Jaya Bhaduri. In Jaya's case speculation ran rife that Amitabh feared competition from her and hence asked her to quit her career. Amitabh alienated Jaya from her family and foisted his entire family of mother, father, brother etc. on her.

All these above mentioned men, within a year of their mar

NUTAN

NEETU SINGH

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riage, had children which forced their wives to stay back at home and look after the baby while Papa went hunting for food.

At his say-so Jaya gave up her career, and now has again come back in "Silsila" to boost her husband's sagging career and give him some badly needed publicity. Needless to say, Jaya is very unhappy with her marriage.

Amitabh now blatantly goes around with Rekha but 'decent' man that he is quite faithfully tells Rekha that though he loves her, he also respects Jaya and wouldn't divorce her.

But of course what else can a male chauvinist who gives his wife the **burka** treatment have to say to his mistress. The heroine is fun to be with, not for marrying. After all the fun and games and vows of undying passionate love to every woman in their heyday, they return to the arms of their loving wives and beloved children when age catches up with them.

Just as there have been girls who have deserted their careers only to become dissatisfied house-wives there are also house-wives who have turned into career women.

Vidya Sinha says, "My husband Venkat was against my joining films but that was in the initial stages seven years ago. I slowly convinced him that there was nothing wrong in my working and I very much wanted to act in films. Working in films doesn't really affect your marriage if you have a logical, understanding spouse.

"At times when there is a lot of scandalous gossip written about me there is tension in the air until we thrash out the problem. But these little tiffs and quarrels occur in all marriages whether the woman is working or not.

"Now Venkat is quite reconciled and happy about my career and I've more or less maintained a balance between my work and my home. My career is not in danger nor is my personal life a mess. Marriage is a major step but it's just a part of life. I don't see how married women who pursue careers can't be happy."

Moushumi is another woman who came into films as a serious actress after marriage. Before marriage her only film was "Balika Bodhu". When Moushumi married Babu and came to settle down in Bombay offers naturally poured in and she accepted them with alacrity. Moushumi loves to have her cake and eat it. She is a very ambitious woman who has featured in the limelight since the day she began taking her career in acting seriously.

Moushumi wouldn't like to be known as a career woman. A total hypocrite she still goes on about how, "I'm actually a very old fashioned girl. I like to stay at home and look after my husband and children. Actually Payal, my daughter, needs me now and I'm going to give up my career and look after Payal properly." This has been now going

JAYA

on for the past four years or so and instead of doing what she wants Moushumi keeps signing film after film.

She spends half the year shooting in Hyderabad and Madras and if she wants to see her daughter she flies her down to where she is shooting.

At the zenith of her career Moushumi readily says "Yes, career does affect a marriage. I feel so guilty neglecting my home and my family. Actually Babu is so nice, he's so understanding." Babu doesn't have much of a choice, so he'd better be understanding.

Raakhee is one female who forsook her marriage and her happiness for the sake of her career. Initially she did try to buckle down to husband Gulzar's orders but later on discontent crept in. Raakhee found herself sitting at home idle, looking after the home and baby while husband was away shooting or working on scripts.

Never one to take things lying down Raakhee revolted and the moment Yash Chopra offered her a role in "Kabhi Kabhie" she accepted it.

Gulzar did try to come the heavy husband and say that if she pursued her career, the marriage was finished. As adamant as her husband Raakhee packed her bags and left with **Bosky**.

With Raakhee one suspects it's more the case of having her own way than any fight for equality or liberation. Raakhee who was known as just Raakhee before her marriage to Gulzar added the Gulzar to her name when she returned to films after marriage.

On the one hand we have the extremes who've either ruined their careers or marriages in an effort to achieve one or the other and then we have women like Sharmila and Nutan who have had a very balanced life.

Both of them entered films much before marriage and continued to act in films even after. Says Nutan, "I'm in films because I love acting and secondly I've always been independent. My husband looks upon films as a form of art so there is no question of his objecting. Anyone who marries an actress marries her, well aware of her profession and has no right to object to her continuing with her profession. There have been times when my family has needed me and at such times I have put

DIMPLE

aside my career and devoted myself to my home. Initially I used to work hard because I faced financial problems, now I do it just for pleasure. Acting is part of me."

Maybe Nutan was able to maintain the right balance because she and her husband belonged to different spheres professionally. Maybe Rajesh, Amitabh Rishi and Gulzar were unable to face the threat of competition from their spouses and have relegated them to the kitchen and knitting.

The chauvinistic attitude seems to have increased with the younger generation. Perfect teamship existed between Devika Rani and Himansu Rai. Sunil Dutt boldly and without any reservation married Nargis who'd earned herself a disreputable reputation because of her association with Raj Kapoor. Nargis too gave up her career in films but didn't disintegrate into an object of leisure. Instead she took up social activities and developed an interest in the political arena so keenly that she became a force to reckon with.

Dilip Kumar too had no objection to his wife Saira Banu working in films. In fact Saira appeared in outrageous films like "Nehle Pe Dehla" and "Victoria No. 203" much after marriage and has now quit films only because her health forced her to.

The attitude of this male dominated industry is reflected in the images of the women they depict on the screen too. The women are just decorative pieces, added to give the hero a romantic scene.

There are a few women-oriented films too being made but even in these films the emphasis is on the martyred women and they glorify the suffering of a woman. In the recent "Humkadam" a moderately successful film the heroine Raakhee goes to work only due to financial reasons. Even then she has to accept a lot of conditions laid down by her husband who drops her to work and picks her up. He doesn't like her mixing with the other men in the office and hence when her boss drops her home from work one day he blows his top. Fed up of this behaviour from her suspicious husband Raakhee decides to give in her resignation but Parikshit her husband asks her not to because his factory goes on strike. So Raakhee continues working because she needs the money.

Money is the motivating factor that makes many a girl a career women. When money is a plenty they prefer to sit at home.

But is a girl to blame for this attitude? Right from the time she is small the only thing that she is taught to be is a good housewife. Take ten boys and girls from a school and ask them what their ambition in life is. The boys pipe up and say whatever they want to become an air pilot, an engineer, a doctor etc. but the girls just look at you undecided.

RAAKHEE
Photograph: Dhirendra Kishan

VIDYA SINHA & NUTAN
Photographs : Sanil

NEETU SINGH
Photograph: Rakesh Shreshta

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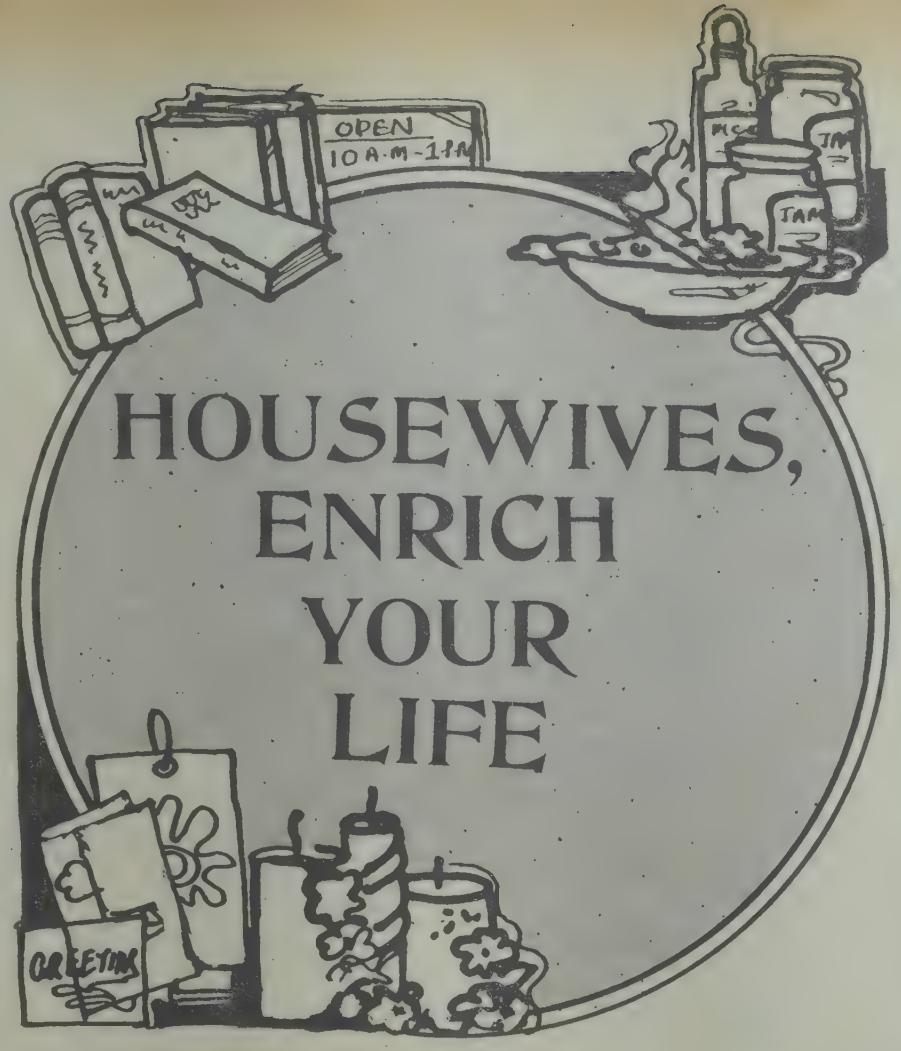


HOUSEWIVES, ENRICH YOUR LIFE

S. Sarojini

Not all women can step out of the home to take up jobs. But, no woman can afford to vegetate — she is someone special in her own right and she owes it to herself to develop, enjoy and be independent in thought, action... and finance!

Women who are bound to the home whether by choice or not in these days of higher education and opportunities and with liberation from old and constricting ideas, having to live in big cities — away from their home towns, have at some time or the other found too much time on their hands. Once the men have gone to work, the children to school, and the housework done, how many of us have come to realise the stagnation of education and sharp brains and yet have idled away precious time in useless and endless gossip and reading Mills and Boon books?

There is so much in each of us to develop, enjoy and be independent in thought, action and finance, if only we are willing to look for this. Many housebound women have found that the most divisive thing in life is the attitude expressed in the phrase 'them and us'. You find it everywhere, in clubs, schools. offices and industry. It seems there are two kinds of women — those outside, free and earning — and those housebound with elders. husbands, children and responsibilities to tie them down to the house (after all someone has to keep the home fires burning) — but by finding out your hidden talent, developing this, then surely your own achievement is the meaning of individual development and fulfilment? When there are two possible roads to take — instead of crying for what might have been — it is our reaction to the alternate circumstances and to have the courage to follow the road to its end.

Let us not stick to fixed and time worn ideas — putting others first can be overdone, an occasional indulgence can be to everyone's advantage, a little independence of mind, a little time off from chores, etc., makes a woman feel a separate person with a separate identity and interests, and it does the family good to realise that she is someone special on her own account. It takes courage and hard work to do your own thing but once you have got over the initial stage, the rest just falls into place.

It is not that any of us stand still, though at times it may seem as if you have not moved forward, this is because you have set your eyes on some unachieved target and the failure to attain this may have blacked out all other achievements which you really can achieve. Once you make a start you realise how much this has enriched your life. Just respond to any new opportunity, new venture, change and make the best of it. Then however it turns out you are making some progress in enriching your life.

With better opportunities for higher education and so many organisations with short term courses we must strive not to vegetate. While there is every sympathy with the burden a family schedule lays on a woman's shoulders, (women at home have a much easier time with all the new gadgets to finish their housework faster) — just once in a while sit back and think — life's in my hands — the once disciplined and effective worker be she a teacher, secretary, model etc., can still produce a disciplined life for herself. Life bestows so many gifts on us which we do not owe to chance! Rake your mind, find out what you can do to earn some money or occupy yourself with a constructive and fulfilling hobby.

Now for the outlets and little ways of earning pin money:-

Those who are good at cooking can take a course in Canning and Preservation — learning how to make jams jellies, squashes and pickles. These we can make for the home and also sell to those who are not lucky enough to have homemade foods.

Another aspect of cooking is to supply much needed festival sweets and savouries and even cater for birthday and dinner parties. (For a working woman this would be such a boon).

Hold cooking classes.

Those of you who are good at needlework, you can hold classes for those who wish to learn how to cut and sew, knit, and crochet, and also stitch clothes and thus slowly build up a good business.

Those who have been typists, stenos/secretaries and have had to give up their jobs due to various reasons, can take up typing at home for students who are studying at University and need notes to be typed — and surely many offices need some of their heavy work to be done outside?

Crafts — making candles dolls, bags, greeting cards etc., making use of your pieces of left over material, pressed leaves and flowers make beautiful greeting cards.

If you are good at Maths, Hindi and other important subjects you can coach students and even adults who wish to learn a language.

Maintain a lending library.

If you love babies, take up baby sitting — have a creche for babies of working mothers.

Beauty culture — hairstyling, eyebrow plucking, waxing, facials etc.

Most of the nationalised banks have some projects where loans are given to women with a little security and the Bank of India has a scheme called "Gruha Laxmi Yojana" where women are given loans for a cottage industry.

The social welfare department under their "Mahalaya Arthik Vikas Maha Mandal" in Bombay helps women who form a cooperative to train, as well as finance is given to help them start a cottage industry. Other States also have similar schemes.

Many social organisations and associations offer part-time jobs. One has to keep their eyes and ears open for these openings.

Once you are willing to do something, then things will fall into place.

As we delve deeper and deeper into the capabilities and capacities of women, you'll be surprised how many and varied are the avenues open to those of us who wish to work from home and how satisfying and fulfilling it is — it makes life worthwhile!

In these days when prices are rising and the cost of living is going up higher and higher day by day, it is imperative for all of us women not to idle away our precious time but to do something concrete about it.

Most of you may not have the time, ability or environment in which to start a small home industry but the important prerequisite is knowing that the will is there and that one day it will take seed and grow, It needs just a little investment, courage and fortitude and luck will automatically follow when you strive earnestly for your fulfilment

As giggly young collegians, I remember how we used to huddle together in the college canteen and tear to pieces other girls' fiances' or boyfriends, not considering what specimens we would ultimately end up hooking ourselves.

Flaunting of achievements in the marriage market has been an age-old tradition and matrimonial ads, run riot while highlighting physical attributes and material acquisitions. Over the years the patterns of matrimonial ads have been changing rapidly in keeping with the mass mentality. Some time ago the rage was on for "convent educated girls," later came the liberalised "caste and creed no bar." The above mentioned continue to feature in our matrimonial columns even now, but the most dominant of the requirements set down by our bachelor boys today seems to "working girl preferred."

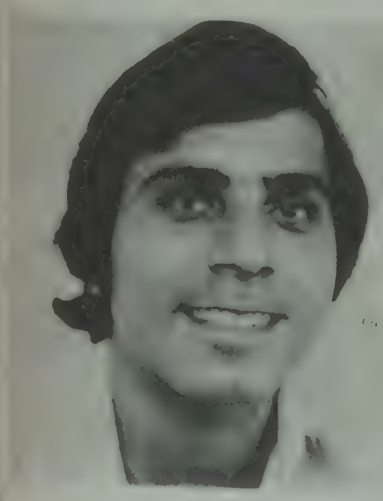
Now what do our young men have to say about this? What concept do they have of their dream girl, her friends, her money...

GIVE US THIS DAY OUR WORKING GIRL...

is the prayer of most bachelors today, for they feel a working woman makes a better partner. But, there are still some diehard chauvinists who believe a woman's place is at home

Aruna Mallya

PREM SHIVDASANI



Six years in the shipping line don't seem to have made **Prem Shivdasani** (24), as notorious as one would expect a typical "shippie" to be. "Fortunately or unfortunately I don't live up to that reputation," he declared. This came as a protest against my statement about a seaman having a girl at every port.

The product of a very westernised upbringing where dating is not frowned upon, Prem feels that the ethical standards of dating laid down by our society hardly help us to understand the other person better. More so in his case for he is in town just for a few weeks at a time. "Living in," he feels, would be the ideal solution for him to get to know a girl well, but, "I am a conformist by nature — I wouldn't like to be shunned by society," he claims and so he will have to be content with movie dates, restaurant haunts and motorbike rides.

He is one for early marriage for he feels when the children grow up there will not be that extreme generation gap that exists otherwise. "Of course one has to have a flat to begin with—can't just marry impulsively and then leave the girl either with my folks or with her parents," he added thoughtfully. Although wives are allowed on board for six out of 12 months on a cargo ship and five out of nine months on a tanker, this he said, cannot go on for long. For all practical purposes his wife would have to take up a job to keep herself occupied during his long absence from home.

Would he not grudge her independence? He would like her to be outgoing and not the type who would sit at home and brood over his absence. So long as his wife did not go around scandalising society, he wouldn't mind her seeking male company.

DWARAK ETHIRAJ

"I would definitely opt for a working girl," said 32-year-old **Dwarak Ethiraj**, a sales manager.

He feels that working women make better partners as they are alert and very much aware of things happening around them. Women sitting at home tend to stretch "one hour's work to three hours," and are more prone to petty bickerings, he says. Also he has noticed that working mothers pay a great deal of attention to their children during the few hours they spend with them. This he thinks, is any time better than spending an entire day with them purely physically.

Doesn't it often happen that

ARUN BALAKRISHNAN

Arun Balakrishnan (29), a sales engineer, chooses to be neutral on the topic of working wives. He feels that most men demand working wives because they do not wish to make direct demands for a dowry. The additional pay packet substitutes rather well for the dowry and serves as an excuse to declare to all and sundry that they did not accept a dowry. "If that's how people look at it, then I would rather not have a working wife," he exclaimed.

From his observations — he claims to have found that girls seldom work creatively and sincerely after marriage for they are constantly worrying either about the night's dinner or the shopping or Munna's lessons or Chunoo's diarrhoea. However if the girl is exceptionally well qualified he wouldn't force her to sit back and be content with slitting chillies and washing potatoes. Arun, by the way, is engaged to a traffic engineer currently employed at Delhi. His fiancee is looking out for suitable openings in Bombay and is adamant about pursuing her career

our man comes back home and relaxes with a book while the poor wife has to run around doing all the household chores in spite of the fact that she too has had a tiring day at the office?

"That only happens in India," he remarked. Having observed lifestyles abroad where husbands share most of the domestic work like dish washing, baby sitting and garbage cleaning, he finds that men out here are pampered a great deal. Most of the men here look for "glorified servants" to sew buttons and cook and clean for them — this attitude he finds absolutely revolting.

Having lived away from home for the past eight years, initially as a paying guest, now in an independent flat, he is very much experienced in all the aspects of running a house — cooking, cleaning and what have you. "If you want to eat you should learn to cook (and I hear he is a fantastic cook); and if you want to spend, you should learn how to earn." That seems to be his policy. Working woman, he thinks, handle finances well, for they know the value of hard earned money.

The running of a house, he says, depends on the complementary efforts on the part of a man and woman — some tasks are better done by men, some better by women. Though he doesn't exactly consider women as the weaker sex, he abhors the idea of some women going to the extent of indulging in weight-lifting to prove their equality.

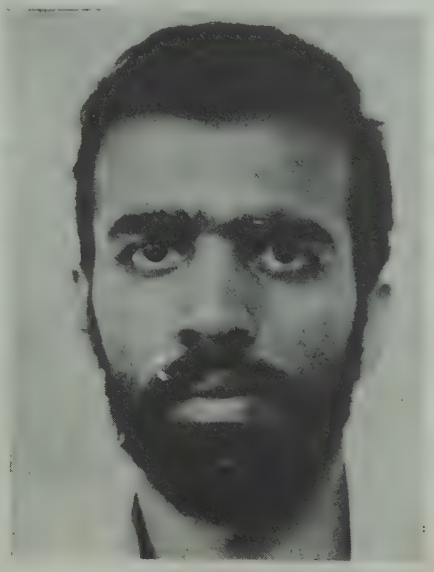
Hasn't he found his dream girl yet?

"Dream girl! That's just a myth!" he chuckled. Having got over his initial fixation for long hair and big eyes, he now analyses a girl in more mature terms.

Justifying her demand he said that in a city like Bombay it would be a torture to spend the whole day cooped up in a tiny congested flat when she could utilise her time and talents more fruitfully, more so since her field of specialisation is quite a rare one for a woman.

Cooking, he thinks, is not such an ordeal as it is made out to be and if the two of them can do it together, there should be no problem. Rather a rosy picture, I must confess. "Isn't that what all men say before marriage?" I queried to which he replied with a sheepish grin.

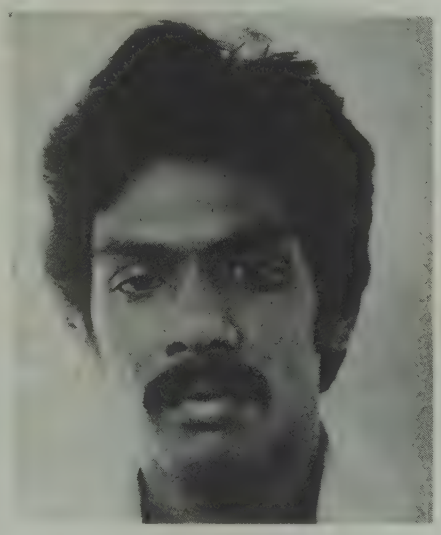
ANAND ADWAREKAR



"A successful marriage is a matter of luck," said **Anand Adwarekar.** Having recently begun his career with a sales company, Anand of course is not considering marriage right now. In fact he thinks he would rather go in for a late marriage and when it comes to the choice of a life partner he would definitely opt for a working woman, for he feels that working women have a broader perspective as compared to home birds. He finds it most unappealing that some parents send their daughters to home science colleges with the sole intention of making them "good housewives". Girls he says, are taught right from the beginning to pamper their men. They have themselves to blame if the husbands do not cooperate and share the housework.

If a man wants to marry a working woman he should also be ready to share the housework unless of course he can afford servants, he feels. Though the youngest offspring of wealthy parents, Anand has done part-time jobs while at college and has known what it is to rough it out on his own; he claims he even helped in cleaning public latrines during the railway strike — that's dignity of labour for you.

JAWAHAR KUTTY



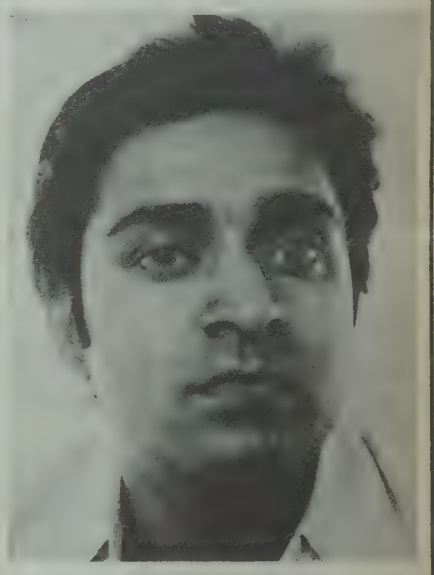
Twenty six-year-old **Jawahar Kutty** is among those who believes that a woman's place is at home — a typically chauvnistic attitude, I told him.

As the scion of a rich jeweller's family, he has been brought up in luxury and is confident that he will be able to provide his wife the same. "I personally don't like girls travelling to office in those crowded trains and slogging it out the whole day." He believes that women are the weaker sex however much they may deny it. If one cannot make ends meet or if on the other hand the job is a real cushy one then, it is understandable that the girls should continue working. But when he can offer her a comfortable time with servants at her beck and call, where is the need for her to work, he demands arrogantly.

How does he expect her to pass her time at home — is it by organising kitty parties and card sessions, I ventured. "There are so many things she can learn, like embroidery..." he replied rather vaguely.

Just about to set up his own export business, he plans to settle down seriously in another three years. His dream girl? Well, she should be presentable and must definitely have a good taste in clothes for he is crazy about fashions and dressing.

PRADEEP KHANNA



Pradeep Khanna, traffic assistant, Indian Airlines, echoes the same views as Kutty. Even if he were to fall in love with a working girl he would convince her to quit her job after marriage. Whether she would agree or not does not seem to bother him.

How does he think he will manage on one pay packet in a city like Bombay? He has his father's business to fall back on and does not have to rely solely on his airline income, he says.

Pradeep plans to continue living with his parents even after marriage and doesn't foresee any problems (mother-in-law and daughter-in-law problems to be specific).

How does he expect his wife to spend her time at home? Well, he believes that housework can keep a woman occupied the whole day through. Period. Does he also expect his wife to wait for him with his evening cup of tea?

"I don't want the sati Savitri type!" he grinned nonchalantly, which brought me to ask him what type of a girl he actually wanted for a wife and he listed the usual requirements... good looking, homely...

All you young ladies, you have heard what our bachelor boys have to say. So if your man asks for a working girl don't let him just make his demand and get away with it He had better help around the house and if you see him crying his heart out over the slicing of an onion, don't you feel sorry for him. Remember he asked for it. After all what is marriage but sharing, isn't it? Like there was this lady who very loving cooed to her husband, "Darling, what is yours is mine and what is mine... is mine!"

LEGAL RIGHTS

watch out, working women

Rita Rahimtoola

Before we start discussing the rights of working women, we must first emphasise that a woman has the right to work. In our country where unemployment persists, even the right of a woman to work is not widely accepted. Particularly in higher paid jobs, women are made to face the unstated but silent opprobium that they are keeping men out of jobs.

On account of the prevailing social climate many working women themselves suffer guilt feelings on this score. Further it is assumed that when a woman works she is doing so to buy "luxuries". Though inflation has taken away whatever justification there was in this argument, it is still believed that a woman is not the main breadwinner in the family. Employers take advantage of this to pay a woman lower wages or salary and deny her the perquisites and benefits given to her male colleagues.

In order to set the record straight, let us examine the most basic, fundamental and authoritative document on which our whole political and legal superstructure rests, namely the Constitution of India. This document promises EQUALITY of status and of opportunity to all citizens of India, irrespective of sex.

In order to give further substance to this right, Article 16 of the Constitution which falls in the part on fundamental rights, reads as follows:-

16. Equality of opportunity in matters of public employment

(1) There shall be equality of opportunity for all citizens in matters relating to employment or appointment to any office under the State.

(2) No citizen shall, on grounds only of religion, race, caste, sex, descent, place of birth, residence or any of them, be ineligible for, or discriminated against in respect of any employment or office under the State.

Further, Article 39 of the Constitution is very clear about the absolute equality between men and women. This article which is a directive principle of State policy says:

39. The State shall in particular, direct its policy towards securing —

(a) that the citizens, men and women **equally**, have right to an adequate means of livelihood;

(b) that there is **equal pay** for **equal work** for both men and women;

Article 42 of the Constitution, another directive principle of state policy, is of interest to worwing women. It states:—

42. The State shall make provision for securing just and humane conditions and for **maternity relief.**

In consonance with the directives given by the Constitution, Parliament has passed certain acts which concern working women. These are:—

1. The Maternity Benefit Act, 1961 and

2. The Equal Remuneration Act, 1976.

Besides these two acts there are provisions in the Factories Act 1948 and the Employees State Insurance Act 1948 for the protection of women, particularly in relation to maternity.

Working women and maternity

The object of the Maternity Benefits Act, 1961 (and the legislation which preceded it, such as the Bombay Maternity Benefit Act, 1929) and the maternity benefit acts passed by various states during the '30s, '40s and '50s is to ensure that women do not lose their jobs on account of their pregnancy, that their health and welfare and that of their progeny, are protected during pregnancy and after giving birth and that their earnings continue even during their absence from work before, during and after confinement.

No employer to whom this Act applies can knowingly employ a woman during the six weeks immediately after delivery or miscarriage. Nor can he permit a woman employee to work during this period.

A woman employee who can claim protection under this Act is entitled to go on leave six weeks before the expected day of confinement and six weeks after confinement, that is, for a total period of twelve weeks. During this period her employer has to pay her the average daily wage she was earning. She is also entitled to a medical bonus of Rs. 25 if no prenatal, confinement and postnatal care is provided by the employer free of charge.

During the month preceding her prenatal leave, and during any part of the six weeks preceding her confinement for which she does not avail herself of leave of absence, if she so requests, her employer cannot require her to do work which is of an arduous nature or which involves long hours of standing, or which in any way is likely to interfere with her pregnancy, or the normal development of the foetus, or is likely to cause her miscarriage, or otherwise to adversely affect her health.

In the case of an illness arising out of pregnancy, delivery, premature birth of a child or miscarriage, the maternity leave of six weeks with pay can be extended for a period of one month.

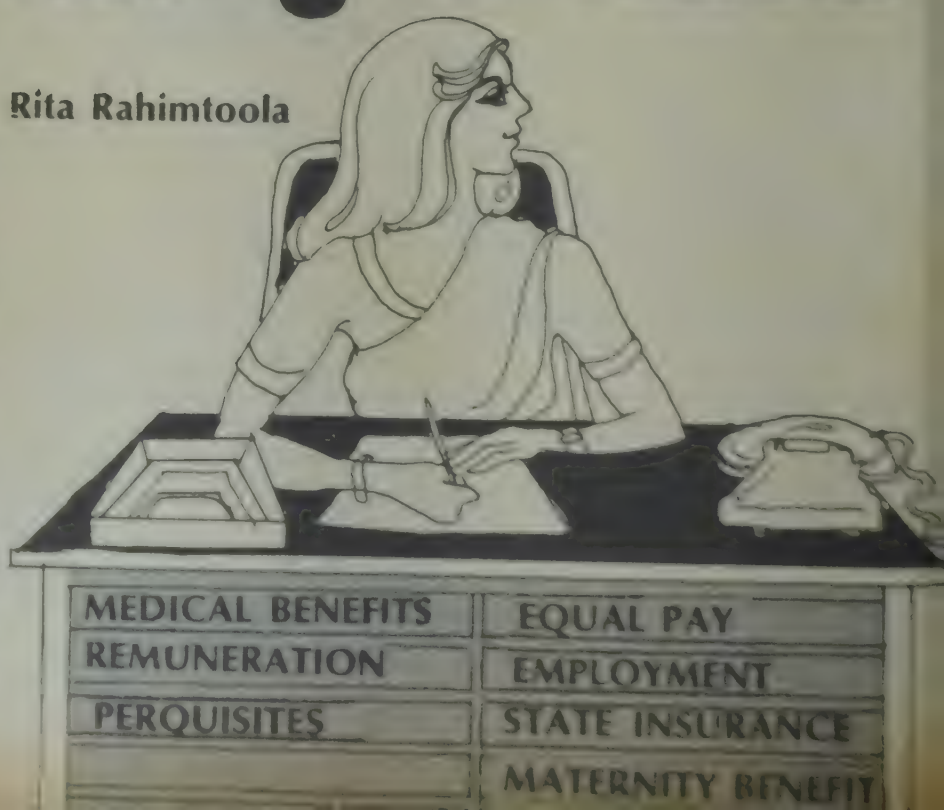
On returning to work after the child is born, the woman is allowed two breaks of 15 minutes' duration each, for nursing her child until it attains the age of 15 months. Reasonable time (minimum five minutes, maximum 15 minutes) is allowed to her to reach the place where the child is kept and to return to her place of work.

In order to qualify for maternity benefit from an employer a woman should have worked in the establishment for a period of not less than 160 days in the 12 months preceding the date of her expected delivery.

It is unlawful for an employer to dismiss a woman during or on account of her absence where such absence is in conformity with the provisions of the Act, or to change her conditions of service to her disadvantage. The discharge of a woman at any time during her pregnancy does not disqualify her from receiving the maternity benefit or medical bonus to which she would be entitled had she not been discharged. But if the woman has been dismissed for gross misconduct (in Maharashtra, the acts constituting gross misconduct are enumerated by the Maharashtra Maternity Benefit Rules 1965) then the employer can deprive her of the maternity benefit or medical bonus or both. A woman however, can appeal against such deprivation to the chief inspector appointed under the Factories Act, 1948. The decision of the chief inspector is final.

The Employees' State Insurance Scheme was conceived as an integrated measure of social insurance protecting employees from the hazards of sickness, maternity disablement and death due to employment injury and to provide medical care to insured persons and their families. It was put into effect by the Employees' State Insurance Act 1948.

The Act covers employees of specified factories and establishments whose wages do not exceed Rs. 1,000 per month. The employer has the responsibility of paying his own contribution to the Employees' State Insurance Corporation (ESIC), constituted



under the Act for each employee and of deducting the employee's contribution from the wages as stipulated by the Act. In addition to these contributions the state governments share the expenses of giving medical care.

An insured woman employee under this Act is entitled to maternity benefit for confinement for a total period of 12 weeks beginning not more than six weeks before the expected date of child birth. The benefit is roughly equivalent to her full wages and is paid only if the insured woman does not work for remuneration during the period for which the benefit is claimed. Miscarriage and illness arising out of pregnancy are also covered. The woman is entitled to medical treatment free of charge at ESIC hospitals.

In the interests of women, the Factories Act, 1948, which again applies to the organised sector, imposes certain restrictions on employers for the protection of women employees from risk of injury from machines and prohibits their working on night shifts. Further the Act lays down that in factories where more than 50 women are employed, a creche consisting of a suitable room or rooms adequately lighted and ventilated and maintained in a clean and sanitary condition, shall be provided for the use of children under the age of six years of these women. The creche has to be under the charge of women trained in the care of children. State Governments are empowered under this act to make rules requiring the provision of free milk or refreshment for the children.

Whereas no one can deny the desirability of providing the facility of a creche for women working in factories, by throwing the entire economic burden of this expensive welfare measure on the employer, a strong economic incentive has been created for employers to restrict the number of women employed in each factory to under 50 in number thus further restricting employment of women in a gainful sector.

A scheme should be evolved whereby the state and social welfare organisations undertake the responsibility of providing and running creches at various locations for the children up to six years of all working women who need this facility. The cost or a part of it could be collected by a cess, if need be, levied on all employers irrespective of whether they employ women or not. This would not only reduce discrimination against the employment of women in industry and care suitably for the progeny but it would also give the opportunity to work to several women who at present cannot do so because their children cannot be cared for adequately while they are at work. It would also solve the problem of unattended children left on the streets by mothers who are driven by economic necessity to work and can only find it in the poorly paid unorganised sector which does not provide facilities for looking after children of women employees.

Equal Remuneration

The Equal Remuneration Act 1976 does not give any new rights to women which they did not already have under the Constitution, but the Act provides the machinery for preventing and punishing discrimination.

The Act lays down that it is the duty of the employer to pay equal remuneration to men and women workers for the same work or work of a similar nature. If the remuneration was not equal for members of the opposite sex when the Act came into operation, the employer cannot, in order to conform to the Act, reduce the remuneration of any worker. The higher of the differential rate paid to one of the two sexes would be paid to both.

When is work of the same or similar nature? The Act says that the "same work or work of a similar nature" means work in respect of which the skill, effort and responsibility required are the same, when performed under similar working conditions, by a man or a woman and the differences, if any, between the skill, effort and responsibility required of a man and those required of a woman are not of practical importance in relation to the terms and conditions of employment.

Remuneration, the Act explains, means not only the basic wage or salary but also any additional emoluments, whether in cash or kind, payable to a person in respect of employment Hence remuneration would include all allowances and perquisites. The employer cannot discriminate against a woman employee who is doing the same work as a male employee and deny her any allowance or medical aid or any other benefit that is given to the male employee.

In case the man's spouse children or parents derive any benefit from the man's employer arising out of the man's employment, then the woman employee's spouse, children or parents are eligible for the same benefits.

The Equal Remuneration Act also states that no discrimination should be made while recruiting men and women workers, except where employment of women in such work is prohibited or restricted by any law. This is a very important provision. While it does not eliminate covert discrimination in recruitment this provision forces employers to avoid open and blatant discrimination.

The Act has made further provision for increasing the employment of women. The Act directs state governments to appoint advisory committees to advise them with regard to the extent to which opportunities for employment of women can be increased. After considering the advice given by the advisory committee and after hearing the employer, a state government can issue such directions to an establishment regarding the employment of women as it thinks fit.

State governments have the power under the Act to appoint officers to hear complaints regarding discrimination in recruitment or in payment of remuneration, and to appoint inspectors who can make investigations to see that the provisions of the Act are being observed.

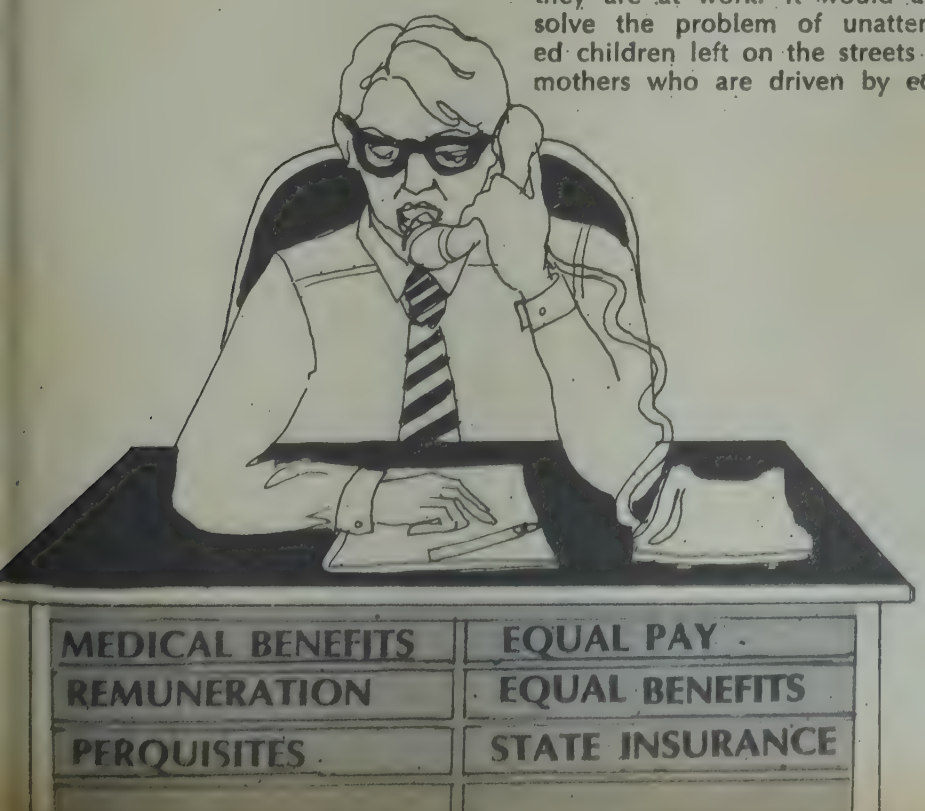
The Act also prescribes penalties for employers who fail to keep records, give information and tender evidence as required by the law or who contravene the equality provisions of the Act with respect to recruitment and remuneration.

If the offence is committed by a company, not only the company, but every person who was is charge of, and was responsible to, the company, for the conduct of the business of the company, is deemed to be guilty of the offence and shall be punished If it is proved that the offence has been committed with the consent or connivance of, or is attributable to, any neglect on the part of any director, manager, or other officer of the company, this person shall be deemed to be guilty and will be punished. Thus the Act is quite stringent in making penalties.

It is up to each state government to see that employers observe the provisions of the Act.

It is the duty of all citizens, particularly women and women's groups, to see that employers act in conformity with the provisions of the Act and that the advisory committees and officers and inspectors appointed under the Act, carry out their functions efficaciously.

First, they tell you, you are depriving men of their jobs; then, they say you are merely having fun and working only to buy "luxuries". Since no one recognises you as the main breadwinner, employers pay you lower wages and deprive you of many benefits. Equality, as guaranteed under the Constitution, is cast to the winds and, often, you don't even realise you are being "conned"



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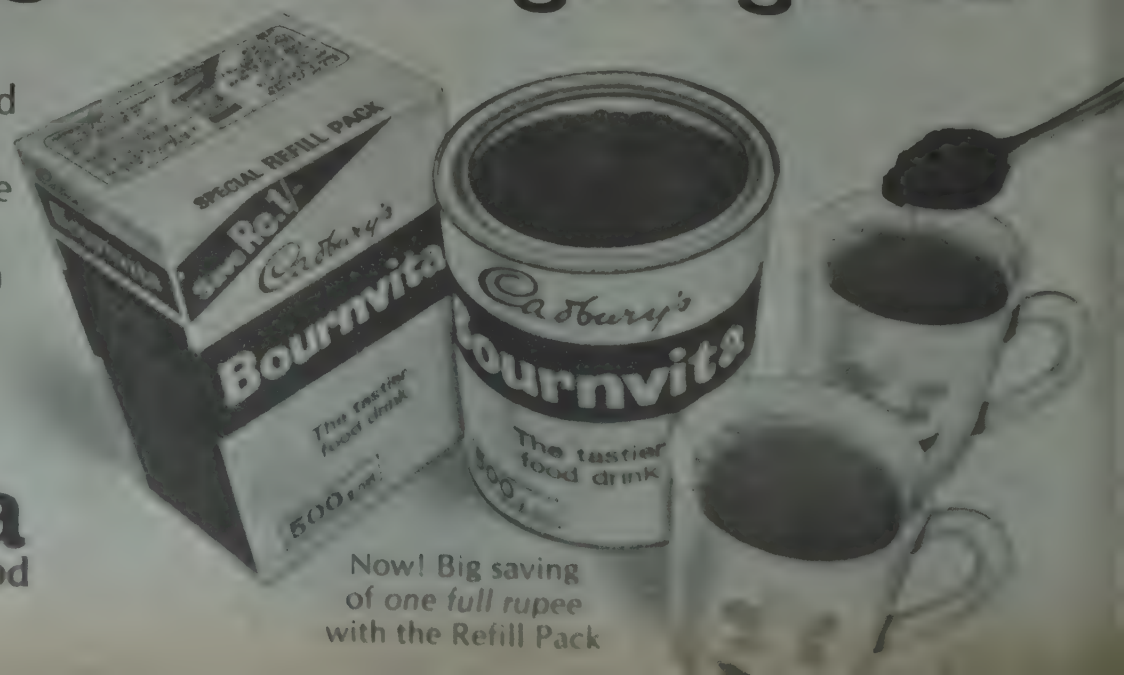

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is there an "IDEAL TIME"?

TIME FOR A WIFE AND MOTHER TO START WORKING, THAT IS. FAMILY WELFARE EXPERTS ADVISE WOMEN TO WAIT UNTIL THEIR CHILDREN ARE GROWN UP. BUT THEN, JOBS AND CAREER PROSPECTS WILL NOT WAIT FOR THE WOMEN!

Chaya Srivatsa

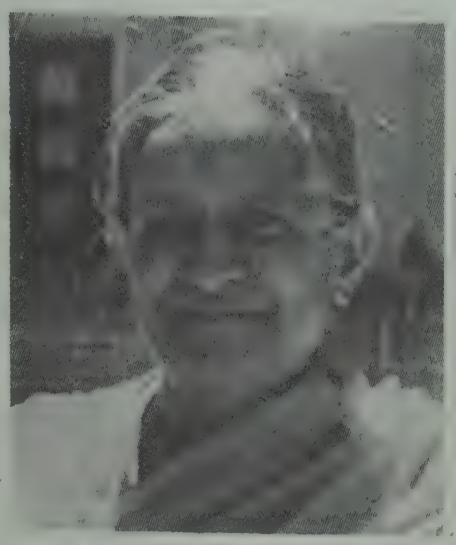
Flipping through a magazine the other day, I came across a rather thought provoking statement. A psychologist says that bed wetting and thumb sucking by children and stone throwing and bus burning by adolescents, all stem from the insecurity of having a working mother! He further qualifies this by accusing such mothers of selfishness and avarice/ambition, which takes an irreparable toll of innocent minds.

Since reading this, I have been going about my career with a guilt complex and steal furtive looks at my children to detect signs of insecurity and unwantedness. To a member of working mothers, I pop the question, "Does your child wet his bed or suck his thumb?" A good number of them say, "No." I have met a couple of ladies who do not work, but sit at the neighbours, chatting over coffee and cakes, with cards thrown in. Their children suck not thumb — but two fingers, — wet the bed, cuddle up to mummy and wet their beds also! So why this stigma attached to the working woman who is after all contrlbuting to the family's comfort?

Having argued this out with my conscience, another question reared its head — is there an 'ideal time' for a mother to take up a career, thereby ruling out any qualms of depriving a child of mental and physical security. Some feel that the 'ideal time' is when the child is 10 years old and able to understand that mama's working doesn't mean neglect.

There are others who feel that a child needs constant attention from the mother till he becomes a teenager. There are those who think that teenagers, with their 'mixed up feelings' need more attention. So which is the 'ideal' period for a mother to confidently set out to work?

"Definitely not till the child is six years old," emphasises Prof. Manu M. Desai, formerly head of the department of family and child welfare at the Tata Institute of Social Sciences, and cur rently, a counsellor in the child guidance clinic run by the Maharashtra State Women's Council Prof. Manu Desai says, "Till a child is six years old, he needs the presence of the mother for his emotional growth. He feels more secure and with this feeling, comes his desire to socialise with the outside world. To a child the mother is the centre of activity from which radiates his other relationships. Through her, he communicates with others. At this critical stage when he is discovering the world around him a mother's presence is very essential. Once he starts going to a nursery the mother can take up a part-time job which keeps her away for a short time. Of course, I do not rule out the idea of working. If a woman is educated, she has a certain responsibility to the community and herself. But this comes only after her duty as a mother. But I must add here that a father's presence is equally important. In India, fathers do not actively contribute towards a child's upbringing and this later results in widening the generation gap. A father's participation can minimise the strain on the mother who, after all, has a wider area of duties to cover. There are some women who try to be a good mother, wife and career woman. but the strain is too much, which might communicate itself to the child and emotionally disturb him. In this context, I would like to highlight the plus points of the joint family system. It helps diffuse the child's attachment to his mother thus reducing 'fixation' and its attendant problems in later years Whichever way you look at it a mother's role in the formative years of a child is undeniable so a certain amount of sacrifice is called for, till he is emotionally stable and able to take his mother's absence in his stride."



Manu Desai

Geeta Srinivasan
Padma Mahintura

Geeta Srinivasan goes a step further and says that the ideal time for a woman to work is when her children are in their early teens. "By then, the woman would have had enough time to instil certain values in her children, been with them physically and emotionally, long enough for the children to accept her absence with equanimity.This will take a long time and a great deal of patience, but the wait seems worth it when the woman can bring this fulfilment to her job also. If a woman is fulfilled within the family, she will carry its benefits to her work sphere also. Moreover, this will give her more confidence to deal with people and situations, outside the home."

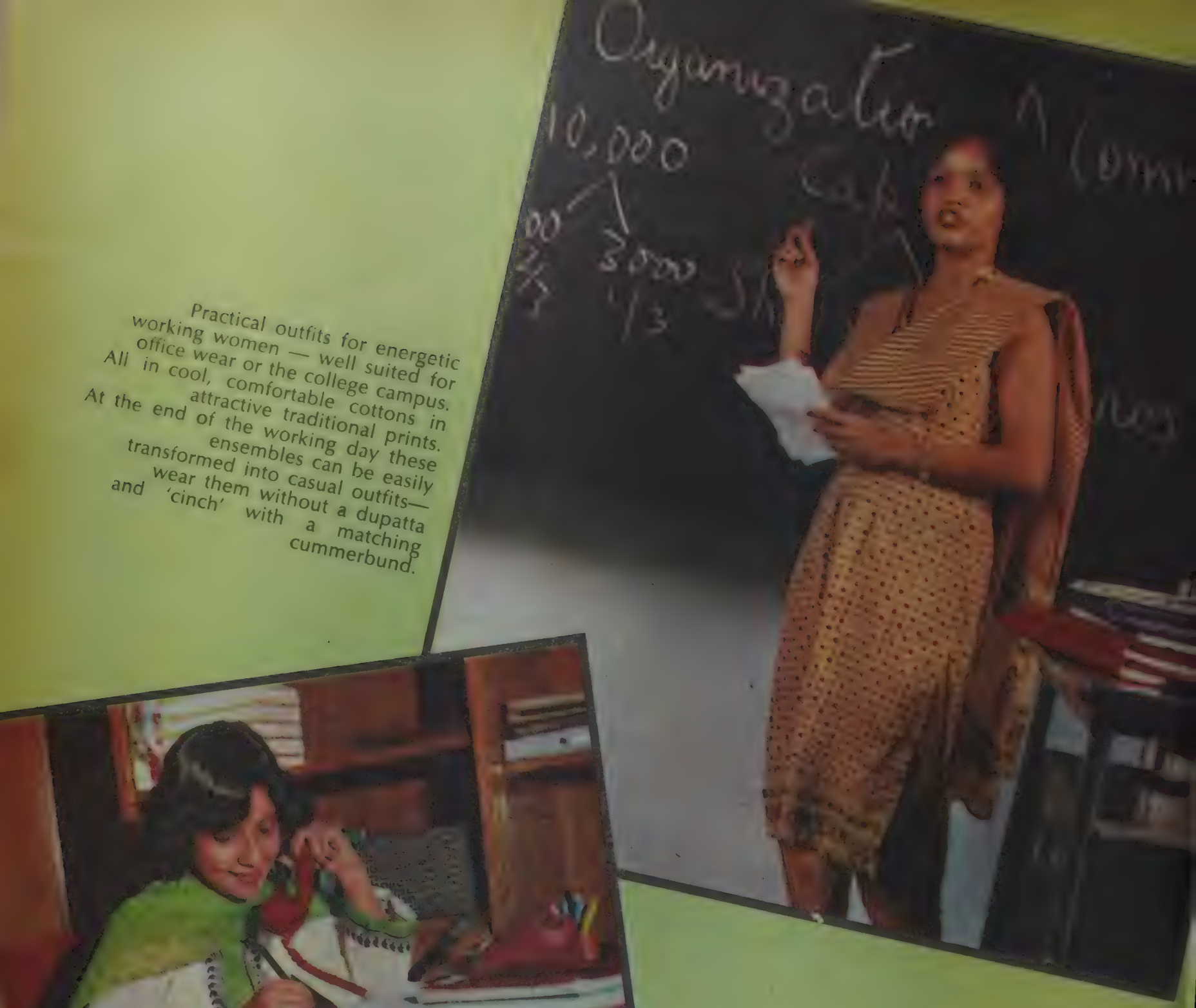
She continued: "If we are thinking only of the creature comforts of a child, there is nothing like an 'ideal time' because we have the luxury of servants and grandparents to do the baby sitting. But is that all one thinks of? I strongly feel that for all round benefit — I mean from the point of view of the children home, husband, self and career— the ideal time is when the children are grown up enough to be proud of the mother's bid for a career," asserts Geeta, who herself opted for a career, when her son and daughter entered their teens.

"The quality of the time you spend with the child is more important than the quantity," says Dr. M. B. Gamat, a child psychiatrist. "A mother may stay at home the whole day and yet contribute nothing towards a child's emotional tranquillity while another may bring a lot of meaning into her relationship with her child in a couple of hours. The important thing is to be relaxed and tension free while in the company of the child. Some others try to compensate their absence by being over-indulgent or over-protective. Both these have only an adverse effect. A mother should 'give' her genuine self to the child — communicate with him at his level and be interested in his problems.

"How can she do it if she is bogged down by her own tensions arising out of the strain at work and at home? This is where she has to weed out her priorities. Back from work, what needs her attention most? Is it more important to try and catch up with the dusting and polishing or spend time with the child? Though a child always needs a mother's attention the early years are very important. His needs

Continued on page 55

Practical outfits for energetic working women — well suited for office wear or the college campus. All in cool, comfortable cottons in attractive traditional prints. At the end of the working day these ensembles can be easily transformed into casual outfits— wear them without a dupatta and 'cinch' with a matching cummerbund.



A WOMA

Housewives are fat and have long h
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women. Fashion is the prerogative
choice of clothes that matte
and elegance. But the kurta/churid
comfort and style. Designer
to make these lovely outfits for ou

We think they are supe

Easy-going styles for the housewives — out shopping or lounging at home. Various designs and colours to choose from according to individual tastes. Style them to suit your figure — loose-fitting and wrap arounds if you have any avoirdupois to cover, or an A-line cut for a slim fit.

Photographs : Taiyeb Badshah

CHOICE

Working women are slim and have
ductions have been bandied
Yes, a housewife can have long hair
but we've seen scores of them
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specially commissioned by us
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e? You decide...

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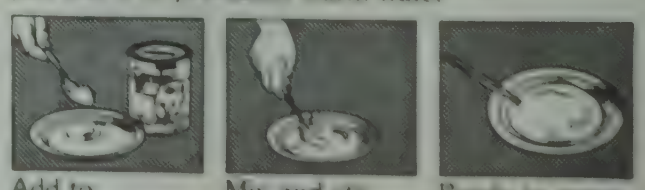

Add to pre-boiled water. Mix and stir. Ready to serve.

SAA/FSL/C/1661

STRESS!

Both the housewife and the working woman are confronted, on various levels, with the guilt-stress-fatigue syndrome. Both have very real problems which cannot be dismissed lightly.

RAMOLA KAKKAR, an eminent psychiatrist lists the areas of stress and suggests ways to cope. . .

Life would be simple indeed if our needs were satisfied immediately and automatically. But there are many obstacles, both internal and environmental, which interfere with need satisfaction and so complicate our efforts to maintain and sustain ourselves. These obstacles make adjustive demands or stress on the organism. To cope with the obstacles the organism has to put in extra effort, exert more and change its activity or pattern of behaviour. Stress is a part and parcel of all life — mild stress is beneficial, severe stress impairs effectiveness, and leads to a breakdown of the system.

Stress is the demand made on the human being and strain is what is experienced — it is present at all stages and in all aspects of life. A housewife's frustrations may be minor, or they may be serious threats to her welfare, they may arise from outer or inner sources. In her external frustrations there may be environmental obstacles or blocks that impede her progress towards her desired goal and her motives are thwarted. She may suffer from economic and financial problems, housing may be improper, the neighbours unwanted. The husband could be strict or authoritarian, or may be hard. He could control the finances, give smaller allowances for the household and find her budgeting improper. Perhaps there is an illness in the family, or she can't bear children or maybe she craves for a son or a daughter or she wants fair or good looking children. One child is dull and not bright in studies. There are strict in-laws.

These may all become sources of frustration in the fiercely competitive struggle for social recognition, success and status. Conflict between two needs or valued goals, in which choosing either alternative means frustration — she wants her mother-in-law to stay with her but cannot get along with her — can cause problems. She wants a child but dislikes sex or pregnancy, she has to support her old mother but is afraid of social disapproval. Then there are problems of pressures in her striving, these pressures may come from inner or outer sources. She may harbour aspirations that are very high — her children must shine in everything, be at the top, she is trying to make the husband fit the image she has of him, she is particular about punctuality, cleanliness, orderliness, system.

The children are grown up, more time on her hands, she feels confined, not enough social interaction, she is bored, housework has low job status, there is lack of variety and personal flexibility in such work style, it does not bring to her any credit or sense of achievement. Her husband may be an over-ambitious successful person who lacks time and cannot provide companionship at all. With more time, less house work she starts overmothering her children, living through them. Frustrations may result from feelings of failure, lack of meaning or unrelatedness, loneliness. It can come from losses, personal limitations in appearance, intelligence status, special abilities. Envious status comparisons, guilt feelings can frustrate an individual. Conflicts of values and relationships and pressures of achievement and educational, occupational and marital demands all cause psychological stress.

Sociological stress can be caused by death, grief, social insecurity, economic problems, family instability and marital unhappiness. Stress thus may lead to personality disorganisation, emotional disturbance or mental illness. It may be arrested at any point by facing it, coping with it and working through it. In the early stages it may be reversed on one's own or with the help of therapy.

In contemporary life there are a number of common frustrations that lead to self devaluations. Among the most important of these frustrations are failures, losses, envious status comparisons, personal limitations, guilt, and unrelatedness and lack of meaning. In each there is a considerable ego involvement. In all these conflicts there is an element of great anxiety and a feeling of threat. Feelings of inadequacy and worth are basic psychological needs. We develop a system of ego defense mechanisms to meet those needs and to prevent self-devaluation. We must think well of ourselves and feel adequate to deal with our problems if we are to maintain psychological integration. In the development of mental illness, self devaluation plays a central role.

A career woman has her job or profession, maybe she's a housewife and a mother too. All women are socialised into the nurturant function, it is required of all, in whatever role they perform. Earlier, traditional, pre-literate society women did the job of cattle farming and field work, looked after the house and mothering all at the same place in a joint family setting. Industrialisation and urbanisation has taken the job out of the house and changed the nature of mothering.

The present day working woman however, in the light of our contemporary mixed society, has to work within the framework of the hypothesis — that a professional role and the housewife's role are conflicting; that married life is less happy; that children's health, education and social development are neglected. Since she is performing two roles, she has to plan her time, organise housework with outside help of workers, relatives, gadgets and facilities, she has to reorganise and re-schedule activities, compromise on certain demands and bring about a change in habits, pattern and life styles.

She needs support and participation from her husband, children and family. All this adds to her work on the physical plane but also on the psychological plane of readjustment; the extra effort on these planes brings about stress. There may be guilt for leaving children with others to look after, being blamed even for normal mishaps of development. This frustration with regard to running of the household with servants, workers who look after children and with mother or mother-in-law. There is pressure of marital adjustment, as these differences in husband-wife equation, sharing of household responsibilities, handling of family finances, cause friction.

In the wife there may be guilt about earning more wages than the husband, also maybe guilt about working and being free with male colleagues — there may be mental comparisons of the husband with the boss or male colleague. In a unitary family too much work and the wear and tear on the mother's body, involved in "mother's work" cannot be ignored.

The guilt-stress-fatigue syndrome which many young women feel, is very real. Working with male colleagues, there is this added fear of going astray. Women of all occupational levels have to struggle to find ways to reconcile their several frustrations but for women at the highest levels, in the technical scientific and professional occupations, there are unique and additional problems. They have the problems of acquiring difficult professional skills before they enter their work roles, withstanding competition, pressures of work, frustrations of jobs and maintaining work roles during interruptions in their work.

A working wife or employed mother's integration of roles can be achieved by coping with pressures in a realistic way, working out priorities, keeping realistic ambitions and goals, altering life-styles and sharing and redistributing responsibilities in the family.

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NEVER ON A SUNDAY !

"My wife refuses to cook dinner on Sundays" — quite a few husbands are heard to say this nowadays. Sundays, usually set aside for elaborate meals and the ritual of leisurely eating are now spent — the evenings, at least — in front of the 'idiot box' for that event of events : the TV feature film. Naturally, the lady of the house will not be tied down to kitchen chores while the rest of the family ogles the box. Besides, the husband and the children, too, are reluctant to spend time at the dinner table, while Sunil Dutt and Nutan are cooing into the telephone.

So, eating patterns have changed, one-dish meals are in, and gorging out of trays is the norm. We have given here a selection of quick and easy recipes which the housewife can prepare in a jiffy and enjoy along with the family.

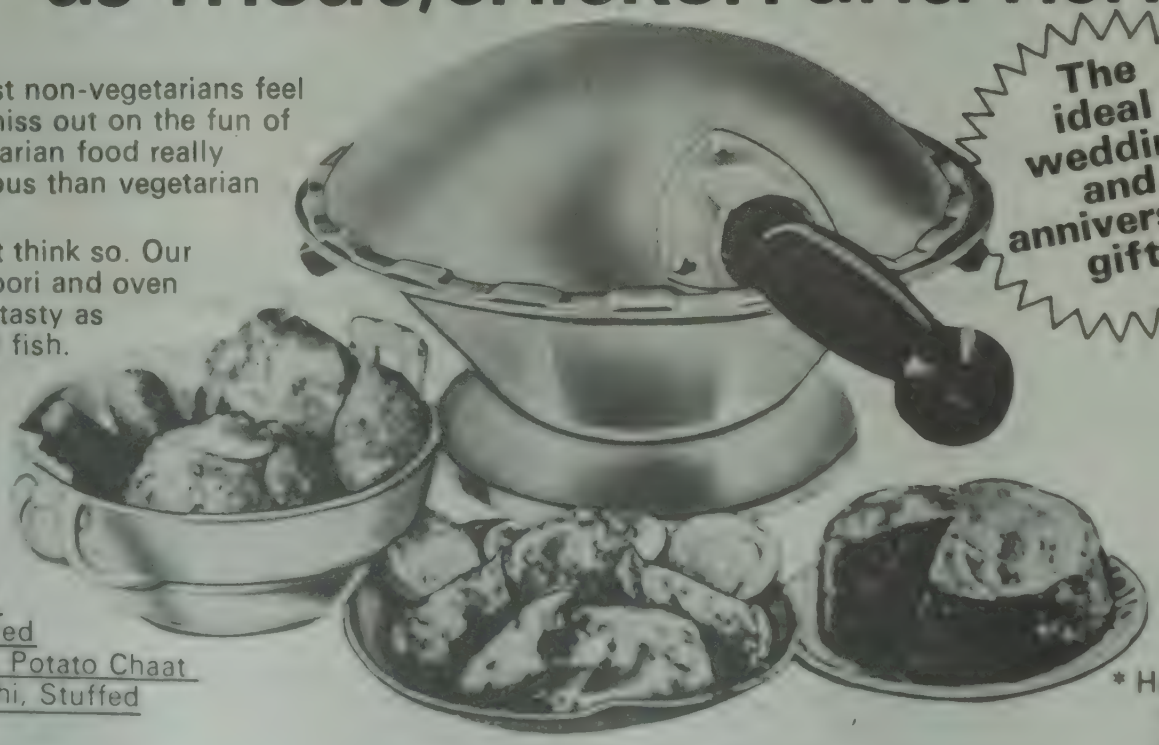
Come, gather around, folks!

MEAT BALLS IN SPAGHETTI AND TOMATO SAUCE

250 grams meat, minced
2 onions, minced
1 tsp. ginger-garlic ground
4 green chillis, ground
Coriander leaves, chopped
1 potato, boiled and mashed
Salt to taste
½ tsp. chilli powder
½ tsp. turmeric powder
½ tsp. cummin and coriander powder
1 packet spaghetti

Is it true that non-vegetarians have more fun?

Supercook Gas Tandoor makes vegetables as exciting as meat, chicken and fish.



The ideal wedding and anniversary gift.

Why is it that most non-vegetarians feel that vegetarians miss out on the fun of life? Is non-vegetarian food really much more delicious than vegetarian meals?

We honestly don't think so. Our Supercook's tandoori and oven vegetables are as tasty as meat, chicken and fish.

In fact, any tandoori dish made in a Supercook sizzles with excitement, smoulders with taste. Supercook turns out Stuffed Vegetables, Roasted Paneer, Dal Batti, Potato Chaat Roti, Masala Gobhi, Stuffed Potatoes, Stuffed Tomatoes. And many more tandoori and oven dishes...

Here are some of Supercook's other advantages:

* Acts as a tandoor oven and toaster.
* Comes with a Free pair of skewers.
* Has a rust proof stainless steel wire-mesh (jaali)

Please ask your dealer for a FREE Supercook recipe booklet when you buy our tandoor.

Supercook
GAS TANDOOR

Manufactured by:

Gas and Chemicals Industries (P) Ltd.
(A Batra Group Enterprise)
14/1, Mathura Road, Faridabad-123001.

Impressions/GSP/209

1 egg
1 cup semolina
Oil for frying

FOR THE SAUCE :

250 grams tomatoes
1 tbsp. cornflour
A little butter
1 tsp. sugar
1 cup tomato ketchup
Salt and chilli powder to taste

FOR THE MEAT BALLS :

Mix the onions, the ground paste coriander and the dry masalas to the mince meat. Mix well, add salt, mashed potatoes and the egg. Mix well again. Form into lemon size balls, dredge in semolina and deep fry till golden brown. These balls can be made in the morning and kept aside till the required time.

FOR THE SAUCE :

Blanch the tomatoes in boiling water. Put them in a blender to form a puree. Melt the butter. Add the cornflour, sugar, salt and chilli powder. Saute lightly. Add the tomato puree. Cook till thick. Lastly add the ketchup. Mix well and leave aside till the required time.

Boil the spaghetti in hot boiling water with a pinch of salt and half teaspoon oil. Cook till tender. Drain under cold water and leave aside plunged in cold water till required.

Half an hour before serving, heat the sauce. Put in the spaghetti and serve piping hot in individual bowls topped with meat balls and dollops of tomato sauce.

POTATO RING BAKE

½ kg potatoes, boiled
3 tbsps. butter
½ cup carrots, diced, boiled
½ cup French beans, diced, boiled
½ cup green peas, boiled
2 onions, chopped
2 cloves garlic, chopped
½ tsp. mustard seeds
½ tsp. cummin seeds
1 packet salty biscuits
½ cup cheese, grated
½ cup milk
Salt to taste

Mash the boiled potatoes. Mix in half of the butter, cheese and milk. Form into a pliable dough. Take a ring mould and press the potato mixture in it. Leave to chill in the refrigerator till serving time. In the meantime, keep the vegetables ready. Heat the oil. Splutter the mustard and cummin in it. Put in the cut and boiled vegetables. Add salt and mix well. Keep aside. Half an hour before serving. remove the mould from the refrigerator. Dip the mould in hot boiling water for ten minutes and unmould immediately. Neatly smoothen the ring and brush lightly with the butter. Fill up the centre with the above prepared vegetables. Sprinkle with the remaining cheese. Decorate with biscuits and leave in a moderate oven for ten minutes. Serve with tomato ketchup. Instead of the vegetables, you can fill up the ring centre with minced meat.

CHANNA MASALEWALE

250 grams kabuli channa
100 grams ghee
14 cloves garlic, flaked, ground
2 inch piece ginger, ground
4-5 cloves
100 grams onions
3-4 tomatoes
Green chillis to taste
Salt to taste
½ tsp. cummin seeds
2 cardamoms
1 inch piece cinnamon
Red chilli powder to taste
1 tbsp. coriander seeds
Coriander leaves, chopped

Pick and wash the channa. Soak in water overnight. Next day wash again and boil in water with the addition of salt and green chillis. Simmer till tender. Or, if time is short, cook in pressure cooker for ten minutes.

Heat the ghee. Fry the grated onions till brown. Add the chilli powder and fry on slow fire. Add the water and let it simmer. Add the remaining spices and the ground paste of ginger and garlic. Fry till the ghee separates. Add the chopped tomatoes and cook once again. Lastly add the boiled channas and simmer till dry. Serve with a sprinkle of garam masala and chopped coriander leaves. Serve with fried puris or bread.

VEGETABLE BAKE

500 grams mixed vegetables, diced, cooked
500 grams potatoes, boiled and mashed
Butter as required
Little grated cheese

FOR THE CHEESE SAUCE :

125 grams cheese, grated
30 grams butter
Milk or water as required
A little mustard
30 grams flour

TO MAKE THE SAUCE :

Melt the butter. Remove and stir in the flour. Return and cook gently. Do not brown. Slowly add the milk. Blend well and cook till thick. Stir in the grated cheese and when thick, add the mustard. Mix the sauce to the above cooked vegetables. Grease a pie dish. Put the vegetables in it and cover with the creamed mashed potatoes. Pipe the border if desired. Leave in the refrigerator till required. About half an hour before serving, remove, dot with butter and bake for twenty-five minutes in a moderate oven. Serve with tomato sauce.

CREOLE MACARONI

250 grams cut macaroni
2 capsicums
3 carrots
100 grams butter or margarine
1 cup chicken or mutton stock
250 grams ham or salami
3-4 tomatoes
2 spring onions, chopped
Salt and pepper to taste
1 tbsp. soya sauce

Heat the butter. Fry the chopped onions. Add the chopped capsicums. Mix in the stock and the diced ham or salami. Add the other chopped vegetables and seasoning. This can be made in advance and kept aside. Before dinner time, just boil the macaroni in boiling salted water for seven to ten minutes. Strain and mix with the above cooked meat and vegetable mixture. Heat once again and serve immediately.

CHINESE FRIED CHICKEN

1 chicken
2 small onions, sliced
1 inch piece ginger, finely chopped
1 tbsp. brandy
2 tbsps. soya sauce
2 tbsps. cornflour
1 egg, beaten

GRIND TO A PASTE :

2 inch piece ginger
1 red chilli
Salt to taste
1 bunch coriander leaves

Grind the ginger, parsley and chilli. Prepare a batter by mixing together the flour, salt, egg and the ground paste. Clean and joint the chicken. Steam along with the onion, ginger, brandy and soya sauce until tender. Dip in the batter and deep fry until crisp and golden brown. If desired the chicken pieces may be dredged in breadcrumbs and deep fried. Wrap each fried chicken piece in foil along with a few fried chips and hard boiled egg. Keep hot in a lightly heated oven until the required time. Serve individual packets.

POTATO CROQUETTES

500 grams potatoes
250 grams peas
50 grams carrots
50 grams French beans (optional)
4-5 green chillis
Coriander leaves, chopped
½ tsp. ginger-garlic paste
Salt to taste
A sprig curry leaves
½ tsp.cummin seed
½ tsp. mustard seeds
Breadcrumbs or vermicelli, broken
6 bread slices
2 eggs or 3 tbsps. gram flour
Oil as required
Juice of 1 lemon

Dice all the vegetables. Boil till tender. Heat the oil. Splutter the mustard and cummin. Put in the curry leaves and the ground paste and the cut chillis. Add all the boiled vegetables and salt. Cook till well mixed. Mash them well. Moisten the bread slices and mash it together with the vegetables. Form into even shaped croquettes, dredge in breadcrumbs or vermicelli and leave aside in the refrigerator — only to be fried before serving. Fifteen minutes before the serving time beat the eggs or make gram flour batter. Dip the croquettes in it and deep fry till golden brown. Serve with chutney or sauce.

QUICKIE BISCUIT DELIGHT

8-10 ginger biscuits
2 cups fresh cream
2 tbsps. icing sugar
½ tsp. rum or brandy
1 cup milk
2 tbsps. drinking chocolate
1 tbsp. chocolate, grated
½ tsp. vanilla essence

Dissolve the drinking chocolate in milk. Add rum or brandy. Mix well. Whip the cream with addition of icing sugar till thick. Add the essence. Dip the biscuits one by one in the drinking chocolate mixture and remove immediately. Sandwich the biscuits with a thick layer of cream. Place the biscuit roll in the centre of a dish. Spread the remaining cream on the sides. Sprinkle grated chocolate and chill till serving time. Serve with the chocolate sauce and decorate with walnuts if desired.

R. B.

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show off your back
on your forehead w
a spot of Shingar
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Made from the fine
ingredients, in colo
that blend with yo
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your every dress.

Shingar

Kumkum Bindi
-India's most
beautiful

THE LITTLE WOMAN

by Don Tobin

WHAT A TERRIBLE PICTURE OF ME!
LET ME SEE IT -
Photo Una.
I DON'T THINK IT'S SO BAD....IN FACT, I RATHER LIKE IT -
YOU DO?
YES, I THINK IT'S A VERY GOOD LIKENESS -
LET ME SEE IT AGAIN -
YOU MEAN I REALLY LOOK LIKE THIS?
WELL - IT DOESN'T FLATTER YOU, BUT IT LOOKS LIKE YOU -
I CAN'T BELIEVE IT! THAT CAN'T BE ME!
WHY NOT?
WHO DO YOU THINK YOU LOOK LIKE?
WOULD YOU BELIEVE, MARY TYLER MOORE WITH BLONDE HAIR?
2-10
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THERE are two kinds of people at every party: those who want to leave early and those who don't. And the trouble is they're married to each other.

* * *

"DOES your daddy have a den?" enquired the little boy of the girl next door.

"No," replied the little girl. "He just growls all over the house."

* * *

POLICE Officer: "Why did you keep going after I whistled?"

Driver: "Sorry, sir, I'm quite deaf."

Police Officer: "Well, don't worry, you'll get your hearing in the morning."

* * *

CUSTOMER: "Where has your young sales-girl gone?"

Chemist: "I've just dismissed her."

Customer: "Why? She was a pretty nice thing. Every smile from her was like a tonic."

Chemist: "That's the reason."

TWO drunkards were talking to one another at the Mahalaxmi Race Course. One said, "You see, animals are far superior to human beings."

"Why do you say that?"

"Well, it's like this. There can only be ten horses in a race, and ten lakhs of people come to see them. And if you put ten human beings in a race there would not be a single horse to see them."

* * *

TWO new lawyers were discussing an accident case.

One lawyer: "Supposing a motorist smashed a clock, could he be accused of killing time?"

Other lawyer: "Not if he could prove that the clock struck first."

* * *

MARK Twain once made an inspiring New Year resolution: "I'm going to live within my income this year, even if I have to borrow money to do it."

* * *

A famous artist was in his studio when a matronly woman approached and asked: "Isn't that painting indecent?"

"No, madam," said the artist, "but your question is."

* * *

MR. Harris made his first trip to Paris when he was eighty years old. When he returned he told a friend he wished he's seen it fifty years ago.

"You mean when Paris was really Paris?" questioned his friend.

"No," said Mr. Harris, "when Mr. Harris was really Mr. Harris."

* * *

FIRST friend: "Have you broken off your engagement with Sally?"

Second Friend: "Yes."

First Friend: "Did you tell her about the riches of your father?"

Second Friend: "Yes. She's my rich mother now."

* * *

DOCTOR: "You're coughing more easily this morning."

Patient: "That's not surprising. I've been practicing all night."

Compiled by George Fegradoe

NEW

Little's unbreakable feeding bottle.

It's unbeatable in every way.

Unbeatable because it's breakproof.
Little's is made of specially imported polycarbonate, the material used all over the world for the finest unbreakable feeding bottles. It is seamless and sturdy. Doesn't chip or crack—so safe for baby!

Unbeatable because it's 100% leakproof.
Made with the world's most sophisticated technology... every part fits perfectly. The rounded contours make it easy-to-clean and easy-to-hold even for baby.

Unbeatable because it's crystal clear.
It's sparkling, crystal clear body looks, and is, so obviously the best.

Unbeatable because of it's valve-action nipple.
Both Little's Starter and Toddler nipples have the special valve-action to prevent them from collapsing during feeds. Made from the very finest rubber, these nipples are extra durable and withstand upto 200 sterilisations.

Unbeatable because it's a 3-in-one buy!
The Little's feeder cap doubles as a general purpose tumbler. A free 'sipper' fits the tumbler perfectly for feeding fruit juice. It also fits the bottle neck for feeding cereals.

Little's Polycarb feeding bottle.

It's as good as the best in the world.

Babycare
that mothers trust

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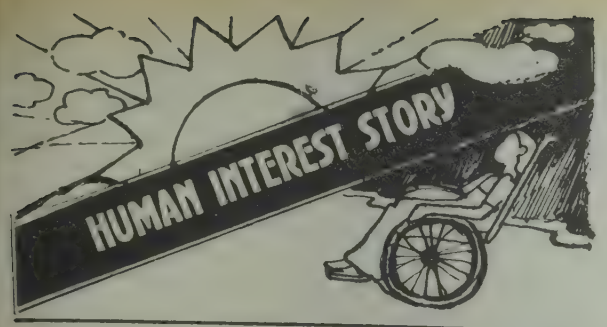

Facing a physical affliction with courage and making the best of life in spite of it is not the easiest thing in the world. True accounts of heroism in real life.

overcoming a handicap

Himmat Lagad

TO look at Subhash and Hemangini Dhavale, one would never dream that their life was marred by a terrible disease that struck them in their early childhood. For it is not often that one comes across people who, unmindful of their own troubles and sorrows have found time to help those who really need a helping hand.

Had pity been shown to him, had his parents ever made him feel his disability, had his teachers or friends made him feel a recluse and unwanted, maybe things would have been quite different with Subhash today. But his spirit to live a normal life, to fight his disability, the will to be equal to others and his grim determination, kept him moving slowly, but steadily towards his goal.

Born on the 23rd of January 1946, Subhash fell a victim to polio in his very first year, and eventually, lost the complete use of both his legs, But, if he lacked the ability to kick a football around, his sharp wit, and intelligence, made him excel in other fields.

Having passed his matriculation from King George's High School, Bombay, Subhash who was fascinated by the vast subject of commerce, eventually joined the Sydenham College of Commerce and claimed the National Scholarship there. Brilliant at his work, Subhash completed his C.A. in three years, and managed to obtain a diploma in Business Management as well.

Even though he has a secure job as Deputy Manager Corporate, planning for Bombay Dyeing group of companies. his restless and adventurous spirit never allows him to follow the dull and monotonous routine of office-goers in Bombay.

Understanding counts most, for in some ways, understanding itself finds a way through difficult situations. And to understand the utter frustrations of one disabled in life, his tears, his moods, calls for a person, who himself gone through such an experience. And so, Subhash, in his leisure hours. instead of relaxing, is busy giving his precious time and energy to others. Being a staunch social worker, since his early school days, he has today shouldered greater responsibilities. He was a committee member of the District Committee (Lions) for the handicapped and is Associate Treasurer for the fellowship of the physically handicapped, and a committee member of 'Apang Maitri Mandal' (an organisation that takes care of any kind of handicaps).

When asked what his hobbies are, Subhash proudly displays his collection of classical cassettes from Bismillah Khan to Jagjeet and Chitra Singh, and likes nothing better than relaxing with a book.

But once he starts feeling restless, it needs more than music to quench his restless spirit. And, so it was no wonder when two years back, along with two friends all packed into his scooter-cum-side-car, they toured the whole of South India, preferring to brave the elements rather than sleep in hotels, and travelling for many miles together. It was proof that he had managed to conquer his disability.

1976 proved to be crucial in Subhash's life. Trying his level best to live a normal settled life, Subhash had been contemplating marriage since the past year or so. In January 1976, Subhash met Hemangini through a mutual friend, and very soon a warm friendship sprang up between them. It was not just the fact that they both suffered from a common ailment that brought them together, but the understanding between them, the mutual desire to lead useful and normal lives. They were married in February 1976.

In her early thirties, Hemangini, sometimes is still taken to be a young college girl. A student of Pintovilla Girls' High School, and later the Topiwalla National Medical College, Hemangini is now a fully qualified and trained psychiatrist.

A tireless worker and most dedicated to her duties, Hemangini used to travel to work from Thana by a local train. Mental illness is a disability also, and a far more serious one than losing the use of a limb. A man who can think but is unable to work, still has his uses, whereas a man who is mentally sick, but otherwise physically fit is much more severely handicapped.

Hemangini looks after her patients with extreme dedication, love, care and understanding. She teaches too, as an Assistant Professor in psychiatry at Nair Hospital and takes great pleasure and interest in passing on her knowledge and experience to the younger generation. She is also a tireless social worker, travelling miles to different destinations, spending hours with her patients. Both Hemangini and Subhash have recently been selected as award winners for the Best Handicapped Employee (professional category).

On the 7th of March 1977, the young couple was blessed with a son. Little Tripoor is two and a half years old now and is very intelligent for his age. Both Hemangini and Subhash have high hopes for him and his future, and are eagerly planning it out for him.

Courage and fame on the battlefield, the high seas, unexplored space, wins you a medal, on the screen, an Oscar, in the field of studies an award or an honour, but the kind of quiet courage that people like the Dhavales have shown in leading happy, useful lives in spite of their handicaps is not often recognised.

Subhash and Hemangini still have a long way to go. Lots of changes may take place in their lives, but they are confident that such difficulties won't be a bother, for they have overcome a great many in their past.

THE DOUBLE BURDEN

The working wife often bends over backwards trying to prove to her employers and to her family that she can "manage". But, in trying to be a super-efficient career woman and a super-efficient housewife, she can land up just being a super-exhausted zombie

The number of urban middle and upper middle class women who have started working has increased gradually over the years till today, the 'Ladies' compartment in suburban trains is bulging at the seams (a fact obvious to all except the railway authorities who, in their supreme wisdom, have not added any more compartments for women commuters) and 5.30 p.m. sees a very respectable turnout of women from any office building. Independence for the Indian woman at last, one might think gladly, and indeed for many it is. The opportunity to work outside the home is one many women welcome. But they would surely welcome it even more had it not been for the fact that for many women this means a double burden, for they have accepted a new role as co-breadwinner but have not abdicated their old role of sole homemaker.

A woman works for a number of reasons — because she enjoys her work and an independent income or because one pay packet cannot cope with today's escalating prices or because her extra income means extra comfort for her in-laws. Whatever the reason, she still has to carry the extra burden of the "housework" — alleviated sometimes by relatives or servants. If a woman works out of "choice" which merely means that her husband's income is sufficient, she is told that she shouldn't grumble about housework because the family can manage quite well on his income, thus making money the only justification for a woman working outside the home. If she works out of "necessity" then quite often a husband, while accepting the extra income, will still expect her to do the "woman's work" in the house.

In the days when men alone did a hard day's work and the woman did the household work (no less strenuous but much less rewarding) it was all right for him to come home, slump in a chair, while she hovered around with his slippers and a cup of tea, and then put in an appearance at the elaborately cooked dinner. But this scenario ought to be outdated — only it isn't. Many husbands still expect the same treatment (how often one hears a man say with much pride that he has never put foot in the kitchen) and many wives unfortunately provide it.

In fact, quite often working wives are extra anxious to appear good housewives. Because the house is considered her "domain" a working wife often feels guilty if any traces of neglect show through. Everything must be spick and span otherwise people will say she is neglecting her home (can anything be more sinful?) and is sacrificing her family for the sake of her job. Nobody dreams of blaming the husband of course. It is not uncommon therefore to find a working wife expending considerable energy over cleaning and dusting so that when mama-in-law runs a critical finger across the shelf, no speck of dust should adhere to it. Mrs. S is worried sick because her old and reliable 'bai' has left and she doubts if she can leave everything to the new one. Mrs. B rushes home frantically every evening because she has to prepare Mr. B's dinner — he consented to her working only if his home and welfare didn't suffer. It didn't occur to either of these women that a less than perfect home and average instead of gourmet dinners would have done as well, and of course it didn't, not in their blackest nightmares, occur to their husbands.

Another thing working wives have a guilt complex about is their children. You can shrug off a little dust and a mediocre meal but not neglected children. And neglected children, society tells them very firmly, is what their children will become if they gad off to work every day

Sometimes the children can be looked after by grandparents, but sometimes mothers have to leave their children in the charge of servants and worry about whether they will be all right.

This is one of the most serious obstacles, even barriers in some cases, to a woman taking up a job. If the child is left solely with servants does he/she not in fact suffer from a certain neglect? If you can't spend time seeing to your child's growing up, then, as one smug, housebound

Women are often passed over for promotion in favour of the unencumbered male.

"Is dinner ready?" Cooking a meal singlehanded after a day's work is the tiring lot of many wives.

mother said, why have children at all? One can answer that it is the quality and not the quantity of time you spend with your children that counts, and that many non-working mothers too leave their children in the care of others while they are busy socialising. But this answer is not, as many intelligent, worried working mothers know, totally acceptable.

And what happens at work? Men, and quite often even women who are in a position of authority and perhaps forget what it was like on the way to the top, often complain that women employees cannot always be relied upon because they are so preoccupied with their domestic problems. They won't do overtime, they want leave to look after sick children etc. So when it's time for a promotion, women are often passed over in favour of the unencumbered male. The effect of this kind of thinking can sometimes drive a woman to try and be super-efficient at work so that she is not accused of being preoccupied with domestic problems. And in trying to be a super-efficient career woman and a super-efficient housewife, she can land up just being a super-exhausted zombie.

There are solutions in practical terms that can ease the situation — well-equipped day care centres, making creches compulsory in every work place — a few places do have them now but they are often empty because the care given is totally inadequate. Employers can help by introducing adjustable shift systems like in some Scandinavian countries which enables one or other of the parents to be

Neglected children, society tells them, is what their children will be, if they gad off to work.

Not a scene from an out-dated comedy, but a reality for many working wives.

constantly with the child, having sensible maternity leave rules which would enable the expectant mother to take leave when she thinks it's necessary not when the office says she should.

But the major change must come in our thinking. A sharing of responsibility between husband and wife so that domestic chores are shared. If the child is not well, it ought to be as natural for the husband as for the wife to take leave. As in all bids for a fair deal for women, it is necessary for conceptions of "roles" to change. It is no longer possible to neatly compartmentalise work as pre-eminently men's or women's work. A family and home will be far less neglected if two people are responsible for their well being rather than just one.

S. G.

Photograph: Talvela Sadhir

My husband wanted to know how I got such tender, fresh peas when they were out of season.

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the best of both worlds

Kathleen M. Smith

The last decade has seen remarkable changes in the role of Indian women. Rapid urbanization, increased education and economic forces have combined to create an environment where progressively more women are seeking careers outside the home. This is a world wide phenomenon. What is unique here is that the Indian woman is also the major force in maintaining traditional values in family life. According to Khanna and Varghese in their book, 'Indian Women Today', "The new Indian woman wants to retain her intrinsic love for the home, the children and family and combine this with her determination to play a vital role in the socio-economic structure of modern India." The reasons for seeking employment may range from economic necessity, to providing an essential service, to the simple need for self-expression. Whatever the reason, the working woman finds it a great responsibility to carry out the duties of both home and employment. This is because the career woman virtually has two full time jobs. The time she has available for homelife is reduced by seven to eight hours per day — more if she must commute some distance to her work. How can a woman maintain the quality of life under these circumstances? Only by using each moment to its fullest potential.

MAKE THE MOST OF YOUR TIME

Although time is limited it can be used most effectively with a little foresight and planning. Make a list of things to be done. Carefully evaluate the needs of family members, the importance of various household tasks, the requirements of personal health and fitness as well as the necessity for leisure time. Block out the time available, matching it with what must be done. If time is insufficient some areas of less importance must be sacrificed. Daily dusting is insignificant compared to the needs of a child for mother's attention. Note which things can be postponed or eliminated if neccessary and what can be entrusted to a servant or some other agency. Can any tasks be combined? Try organising things differently to make chores easier. For example, a simple decor that avoids clutter is easier to keep clean. Schedule tasks on a daily and weekly basis to obtain maximum results in minimum time.

Communication and cooperation are also keys to making the best use of time. Share your ideas about household planning with the family, seeking their understanding and help. If you decide that your program is best served by laying out the things for morning tea before retiring at night, it will be frustrating to discover that someone has tidied up behind you — even if it was done with the desire to help. Your husband and children may offer good ideas; best of all they may help by taking on some of the chores for which you have no time.

Only by using each moment to its fullest potential, can a woman maintain the quality of life and re-inforce the traditional values she treasures

Situations and styles of living differ widely from family to family. So it is not possible to speak directly to each woman's requirements. Listed below are some guidelines that may be of value in pinpointing problems and planning to spend time wisely.

HOUSEWORK:

Organize your kitchen space so that cooking requirements are handy to the stove. Spices most frequently used, salt, matches, knives, spoons, etc. should be within reach and available when needed.

Prepare in advance as much as possible. Days when you have more time, pick over rice and dals. This can be done a week or more ahead. Children can help with this since it is easy to learn and is not dangerous. Save difficult preparations for when you have more time on weekends or holidays.

Shopping can also be done according to a plan. Make a list of staple items: rice, dal, sugar, salt, and so on. Include soap and cleaning materials. Estimate the amount you use each month and stock up. Try to manage so that you only need to replenish basic stores monthly or every six weeks. Keep a slate in the kitchen where anyone can note down what needs to be purchased. Check the list before going shopping to avoid unnecessary trips. If you don't have kitchen help consider purchasing preselected foodstuffs (rice, lentils, atta) from a reliable shop. Cleaning grains can then be done quickly just prior to cooking.

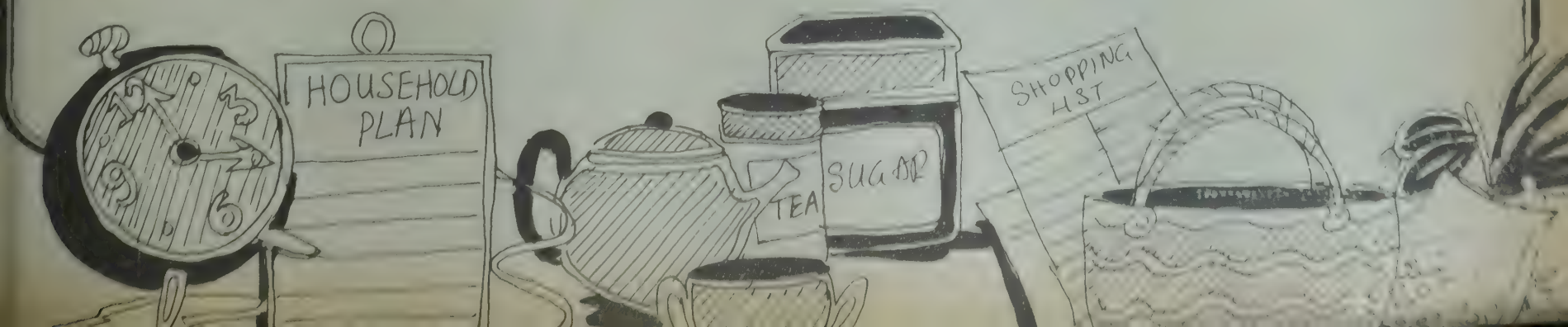
A refrigerator can be very useful. Fruits and vegetables can be purchased once or twice in a week rather than daily. Vegetables can be cleaned and chopped a day or two in advance and stored in the fridge in salted water or plastic bags. Plain dal can be cooked in large quantity and stored. A small portion can be taken to prepare amti, rasam or soup as needed. Potatoes can be cooked in their skin and kept for preparing poha and other quick dishes. Portions of dal and baked dishes can be frozen in air-tight plastic containers or double plastic bags and used up to a month or two later. Double amounts can be cooked when there is time for occasions when there isn't. The morning before using frozen food, remove the packet from the freezer and keep it in the fridge. It will be thawed and ready for use by evening.

Pressure cookers are of great value to a busy wife — especially if she doesn't have a fridge. Rice, dal and vegetables can be cooked all at once using minimum fuel. Seasonings can be added just before serving.

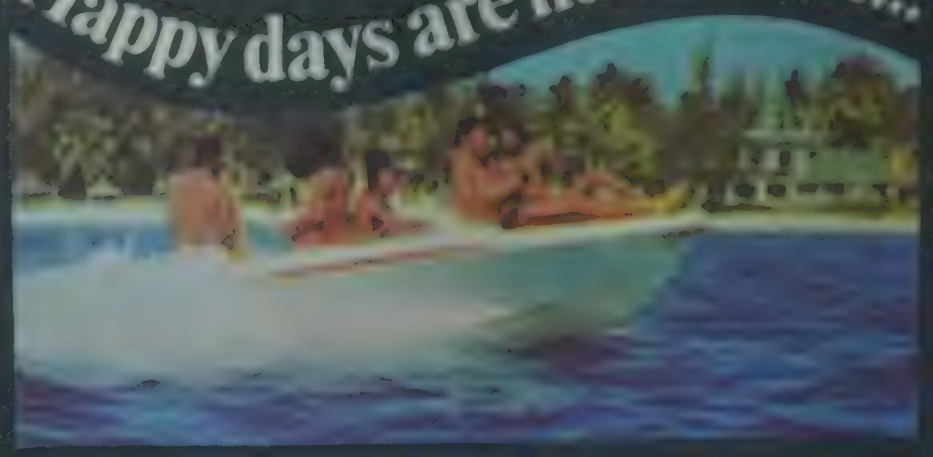
Mixies are also a great help. Especially those that can be used for otherwise time consuming chores like wet and dry grinding. Masalas, chutneys and dosai can be prepared in record time.

Husbands should have certain basic cooking skills. A man should be able to prepare tea, rice, dal and be able to set the curd. This will make him self-sufficient in an emergency situation and enable him to lend a hand when you are rushed or unwell. Many men go further these days and take certain household chores upon themselves — for example, making chappati dough. The extra strength a man can give turns out superior dough in quick time. Some men really enjoy cooking and turn out first class food — including the most elaborate dishes. Older children should also learn these skills. If your family helps in food preparation be sure to give credit where it is due. Encourage them to increase their abilities by giving praise.

Clean-up also requires organization. A well trained servant is indispensable to the career woman. But, ironically, working wives who are most in need of the help of servants are often in a position where they are not



Happy days are here again...



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Thums Up

The refreshing Cola

THE BEST OF BOTH WORLDS

easily able to make use of them. This is especially true for the independent family unit. No responsible person can be at home at the right time for a servant to come. One answer is to find a servant who will come for several hours on the weekend to give the house a thorough cleaning. An outside laundry service can handle the washing and ironing chores. Children can help, for example setting and clearing the table. It is useful to keep all cleaning materials in a convenient place, except dangerous chemicals which must be placed outside the reach of children. Tidying up just before bed can help you get the next day off to a good start. Children can also keep school materials ready before retiring. It is wise to impress upon them that in the morning rush, there won't be time to issue pocket money or find a new pair of socks. What cannot be managed must be postponed. Do not feel guilty. Do your best realizing that your time is limited.

DRESS AND GROOMING:

Wardrobe — It is important to look smart on the job, no doubt, and it is good for the morale to look and feel cool and comfortable at home. Find the most appropriate dress for your work one suited to your personal taste — saree, churidar-kameez or frock. These days all are acceptable for most careers. Studies show that 80 per cent of professional women prefer a modest style of dress with convenience and simplicity the major consideration. Gradually assemble a wardrobe along the lines you have chosen. Make a point to seek easy care and comfort. Polyester and other synthetic fabrics are easy to manage, but may be hot. Cottons and other natural fibres are more durable and give greater comfort but might require extra attention.

Avoid expensive fad items By all means keep abreast of current fashions with a few things in the latest design or colour such as blouses, bangles, belts or a new lipstick. **But** avoid a situation where you have to change your wardrobe every time the fashions change. It's a waste of time and money.

Make repairs right away if you can. "A stitch in time saves nine," is a true saying. Keep a small emergency kit in your purse. This should include a needle and thread, a few tiny safety pins, a spare button and a pair of hooks as well as a tiny scissors. Not only can a quick on the spot repair save time later on, it may save you from embarrassment.

Your hairstyle should also be easy to maintain and not fussy. Employers do not approve of women wasting time repairing their hairdos on the job. If you can afford it, a periodic trip to the hairdresser to touch-up your hairstyle and neaten your browline is practical as well as therapeutic. Use cosmetics if you wish by all means, but be aware that general opinion favours a restrained makeup.

PIMPLES ?

NIP THE EVIL IN THE BLOOD.

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Safi has no side-effects.

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SAFI

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HEALTH AND FITNESS:

Good health and physical fitness are the keys to good looks for the career woman. What is more they are major factors in achieving success.

Take sufficient rest. No amount of planning will enable you to do your best at home and on the job if you are tired and irritable. Many women like to add a few minutes of meditation or yoga to their daily schedule. They report the resultant refreshment and upliftment to be well worth the time spent.

Programmes of exercise, jogging or swimming are also useful in relieving tension and improving over-all health. Since these activities can be shared they can be enjoyed with the family. Husbands and wives might go running together or the entire family could take up TM.

Be aware of your health Working women can't afford to be sick! Have a regular medical check-up that includes a gynaecological exam and blood pressure check. Research shows that career women may be just as prone to cardiovascular disease as their male counterparts. If you feel tired or run down because of a hectic pace, ask the doctor about vitamins. Many women need extra iron or a vitamin B supplement. Keep your weight within normal limits and be sure to eat a well balanced diet. This is especially true for the unmarried career girl. Living alone or in a hostel can lead to neglect in these matters.

ENTERTAINING:

Throwing a party can be a chore or it can be a pleasurable activity. It all depends upon how easily you are able to manage it. A certain amount of entertaining is unavoidable since it may be a business duty or a family responsibility. Whenever possible, schedule programs for weekends or days when the schedule is less full. Consider catering a party. Entertain at a restaurant or engage extra help. Family members can also be involved in organization and preparation. If you must have a very big do, clear the decks by eating out for a few days in advance. Devote the extra time to your preparations. Plan to serve food buffet-style and avoid elaborate dishes. Pizza, salad, mugs of soup and casseroles are easily made and popular items. Entertaining close friends in a casual way you might have a covered dish party. This gives everyone a chance to show their creativity without placing a burden of time or expense on anyone. If social duties look like they will cut into other activities, consider combining them. For example, if you would have to give up regular exercise to entertain, consider a tennis party or beach picnic with a rousing game of volleyball. Take your guests to see the show that you do not want to miss.

FAMILY LIFE:

Housework may be very time consuming for the working woman but maintaining the quality of family life is the most important responsibility she faces. Studies show that the chief objections to women working come from other women, particularly those who opt to remain at home. A. D. Ross in her book, **The Hindu Family in Its Urban Setting** states, "The reasons given by women interviewees who were against careers for women focused mainly on their traditional responsibilities to husband and children. Qualifications to women having careers were also couched in terms of their home responsibilities. Some thought that if there were reliable women belonging to the same family to look after the children and help with the housework then careers might be successful." Working women themselves indicate that duties to home and family are their greatest worry when they take employment.

Child Care — Psychological studies show that children need lots of loving attention, particularly during the first three years How can the working woman supply this requirement? Many

Continued on page 65

An age-old stalwart disappears...

Remember the trusty grinding stone? And how it almost broke your back even as it mixed masalas into paste? Bajaj helps make all that a thing of the past. ■ Bajaj mixers are designed to save you trouble as well as time. A sturdy motor ensures trouble-free running. While two separate jars ensure that you can make lassi seconds after you grind masala—without one smelling of the other. There's even a separate set of special grinding blades designed to perform a variety of jobs. Efficiently. Complemented by an incher switch for arduous jobs.

Bajaj mixers are available in a range of sizes and models. So there's one to suit every size of family and pocket. All are tested thoroughly before leaving the factory. And all are backed by a 3500-strong dealer network that ensures prompt after-sales service anywhere in the country. It's things like these that make Bajaj the leaders in appliances.

Bajaj Mixers:

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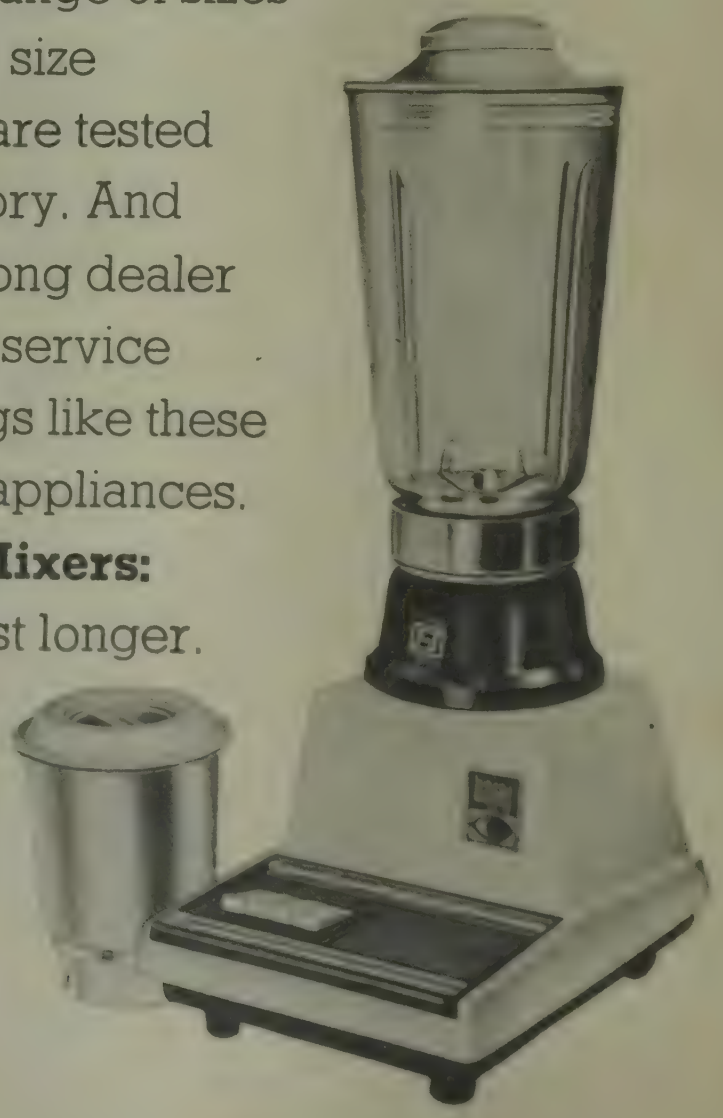

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IS THERE AN "IDEAL TIME"?

Continued from page 35

wary as he grows and each period requires a different kind and degree of attention but emotional stability comes out of his rapport with the mother in the early years.

"Of course, in most cases, mothers have to work for economic reasons and have to be away from the child, but whatever time she spends at home, should be spent in family togetherness in a relaxed atmosphere. She must not become a drudge or martyr. After all, a mother's instincts are nature's gift and this should not be sacrificed at the altar of a career. Blessed is the woman who can combine career with motherhood, minus conflicts! It's a strain, but it must not show. Too much is expected of the woman this way, but whatever compromise has to be made, it shouldn't be on the attention, time and concern, for the child," says Dr. Gamat.

"There is no point in being successful professionally, if one flops as a mother," is how Padma Mahintura looks at the problem. A doctor, she has always put her career second to her children. "After all, having given birth to them, why not enjoy their growing process with them? I am not referring to mothers who have to work for economic reasons, but when a woman works only to fulfil her professional instincts it should never be at war with her maternal instincts. Right from the beginning, I decided to put my career second, so I specialised in anaesthesia, so that I could freelance according to my convenience. Unless there is an emergency, I am always back home before the children. I feel this need to give my attention to them doubly, as my husband is away the whole day and gets to meet them only over the week-end. If I took my profession just as seriously, what would be the fate of the children? Of course, we live in a joint family and my mother-in-law is at home, but when they are back from school, the children need my presence. All children do require their mother at all times but each mother has to work out her own solution for this. It's a very personal problem and there can be no hard and fast rule. Quite often, I have been accused of not utilising my qualification properly, thus being unfair to a man who could have made better use of the opportunity given to me! That's nonsense. I do pursue my profession, but at my convenience. I have worked out my own 'ideal time' theory, and that is, when the children are away at school."

It all finally boils down to an individual mother. However, most seem to agree that the early years of a child are crucial and as far as possible, the mother should be with the child — not out of frustration, but voluntarily.

Devi

DILIP AND SUNJAY: UP AND COMING

This is a comeback year. In the New Year itself, Parveen Babi came back to normal, Shabana was back to Shekhar, Shatrugan Sinha is back to Reena Roy, after the formalities of marriage with Poonam were over, Rekha is back in 'Silsila', Jaya has staged a comeback to films, Dimple is back to Rajesh, Rajesh is back to his daughters, Vinod Khanna is back to Bhagwan Rajneesh, Sanjeev is back to his old hobby of bride hunting, Nargis is back home, Amitabh after 'Shaan' is back to Prakash Mehra who is burning dukhi after 'Jwalamukhi'.

Manoj is back to 'desh ki mitti' minting money, and above all Dilip Kumar is back to films. After his sheriff's term, I thought he will go on to a Haj committee or something. Instead he stuck a short black beard, put on a leather jacket and walked in for 'Vidhaata's' mahurat shot. 'Vidhaata' produced by Gulshan Rai directed by Subhash Ghai has everyone from Dilip, Sunjay Dutt, and Padmini Kohla and now I suppose Dilip Kumar and Sunju Dutt will be the new up and coming actors.

Another up and coming for the last 10 years is starlet Mala Jaggi who made a guest appearance at the 'Be Rehem' party at Sun-n-Sand. She sat alone at a corner table, till Sanjeev traced her out, they both cooed like overgrown kabutars after which she left. Sanjeev's man Jeeves saw her to the door. "Haribhai had invited me, he insisted that I come," said Jaggi, when someone remarked about her presence. Jaggi, the last time I met her, was making designs over her bowl of curds whilst she cried over her broken marriage to Mohan Kriplani who was Sundari Feroze Khan's ex-fiance. Feroz I hear has spent the load of extra earnings of 'Qurbani'.

Sanjay Khan is contemplating his next project. The Khan brothers have dropped their contact man Kamal Siddique. Not because he is now with Zeenat, but because Kamal showed lack of knowledge in figures (not the overweight Zeenat) but financial figures. Kamal after all the high power promises, could not manage any V.I.P at 'Qurbani' Delhi and Bangalore premieres. In fact, Kamal when I first wrote about him, flared up "I do not want publicity," he screamed. Anyway with Zeenat at his side, Kamal brushes off all allegations with "They are jealous of me."

And Raj Babbar, who is in Harish Malhotra's 'Poonam' looks confident, already thinks he is god. A few films away from Amitabh he is already keeping a mental diary of people who had rejected him or ignored him, or made wisecracks on his long nose. In godly fashion he has promised to forgive them their sins.

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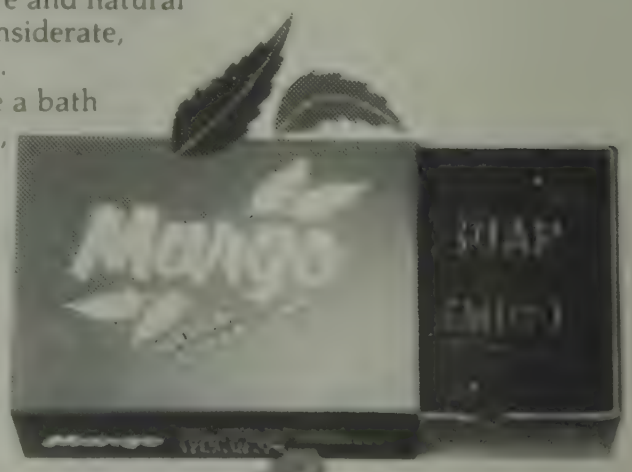

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SWAPPING ROLES

Mala Vaishnav

"Let's just step into each other's shoes and see what it feels like" — how many housewives and working women must have said this, silently or aloud, in the belief that "the grass is greener"! Here is a fantasy-account of one such exchange . . .

RENU:

Last night, Leena and I, Renu, watched with interest the luminous trail of a falling star. Suddenly we raised a finger to our lips, closed our eyes and made a wish — please could we just for one single day savour the delights of swapping roles? And, poof. . . . this morning I am awake in Leena's bed with a brand new identity. I am a housewife! Nothing short of a miracle.

Snuggling deeper into the soft white sheets, I smile sleepily to myself, looking forward to a blissfully lazy day, only to be frightened out of my wits by a sharp harsh "ping." Not accustomed to this horrible sounding

doorbell (mine is all musical and tinkly) I rush out to collect our daily dose of milk.

Putting the liquid to boil, I shake Leena's son, Vicky, awake. He stares at me wide-eyed and looks past me for his mother. "I'm taking care of you today," I offer by way of explanation. He accepts this calmly, puts his arms around me and lisps, "Piggy-back." I piggyback him to the bathroom, deposit him on the potty and return to the kitchen to prepare our breakfast and his lunch-box.

"I want a half-boiled egg," says Vicky pushing his plate of scrambled eggs away. "Eggs are eggs, Vicky, scrambled, or otherwise," I soothe. "Half-boiled," he says resolutely. I plunge another egg in boiling water. He eyes the chicken sandwiches balefully and as I snap the tiffin box shut asks, "Is that all? Mummy always adds 'surprises'!" So when I think he's not looking, I wrap up a square of chocolate fudge I discover in the fridge, and a shiny round apple which I slip into his bag unobtrusively. Mercifully, Leena's hubby is away on tour so no more whims to pander to.

At 9 a.m. I'm completely on my own, mistress of my time. Ah, how delicious is the taste of freedom. The morning just stretches before me, endless and inviting.

With a languid air I flap the duster around at books, tables, objets d'art which I wipe gently and replace with care. Then I plump cushions, pat sofas and water the pots of foliage spilling out of the balcony. Suddenly a wasp flies out and before I have time to flee, give me a juicy peck on the nose, then disappears again in the greenery. In anger and pain I retreat to the kitchen and dab some ice on the burning spot, cursing Leena all the while for not being content with cut flowers in vases.

A little later I switch off the fridge to defrost, and switch on the oven. If I cook dinner now,

my evening will be virtually free. Twenty minutes later as the macaroni-cheese pie bubbles, I iron Vicky's uniform and sew all the missing buttons. The phone rings. It's Viru, a mutual friend. I babble on excitedly, informing her of the great exchange when my nostrils stiffen with the smell of burning.

Cutting a long conversation short, I rush to the kitchen and rescue the smouldering dish. Oh good, only the edges have blackened; I scrape them out gingerly.

I tidy up the bedrooms, put Vicky's toys away, hang his towel out to dry. and while making up the beds run the shower. Just when I'm smothered up to the top of my head in shampoo and soap, the doorbell rings. I pretend not to hear. A second of silence, then again that horrible shrill sound.

Suddenly I remember that the "bai" is expected around this hour and if I don't let her in, washing up, scrubbing and cleaning will be my lot. Immediately I leap out of the bathtub, grab a wrap and run to the door. A toothy salesman greets me with a sheepish, "Oh did I get you out of the bath?" Slamming the door on his face I slide back into the tub.

At 1 o'clock after a cheese sandwich and a bowl of curd, I decide to ice Vicky's birthday cake, already baked by Leena. Not being particularly good at this kind of art (having always ordered my son's cake by the pound) I end up with uneven twirls all over, transforming the mouth watering chocolate sphere into a very wintry landscape.

Hours later, I droop with fatigue. In the absence of the "bai", I have swept the kitchen clean, polished cutlery, emptied out ash-trays, replaced a bulb, wiped the ceiling fans while teetering on a stool, and the results of my soaking, rinsing and wringing, flap waywardly in the afternoon breeze.

Switching on the cassette player, I relax in the horizontal position; ah, my favourite tape after a long long time. My muscles unclench, the music lulls my senses and I drop off. . .

Twenty minutes later, Vicky is home. A smiling "mother", in charge of the car pool this week, sees him to the door. Giving me a quick hug, and "What happened to your nose?" he makes straight for the kitchen, (where a chilled mango milkshake awaits him) leaving a trail of exercise books, cricket bat, shoes, schoolbag (oh what an untidy boy) for me to pick up after him.

In the evening we stroll around the shops, selecting attractive little knick-knacks, sweets, buntings for Vicky's party tomorrow. For a five-year-old, he's extremely choosy. He rejects all the suggestions of the salesman and finally settles for orange decorations, giant size toffees and candles shaped like rockets.

At homework hour, he insists on watching TV. I cajole, coax, prod; no response. I yell. Like a frightened rabbit he returns to his sums.

It is 9 p.m. and he's tucked into bed surrounded by an assortment of teddies, gollies and other cuddlies. With an angelic smile he queries, "Story?", but before I can even begin he is asleep.

Stroking his soft cheek, I review the day's activities. Every muscle in my body aches and what have I to show for it? The house is in a mess again!

Isn't it strange that during the day as the body toiled, my mind wandered, almost a separate entity, searching, creating, storing ideas for future use. Not a bad day. . . sigh, but I infinitely prefer being my old self, so please. . . . !

All your pet theories about grey hair and hair dyes, Godrej dismisses – with ease.

It's only natural to have grey hair

Of course it is. But it's un-natural to leave grey hair grey when Godrej makes hair dyeing as natural as shampooing your hair. And almost as easy.

Grey hair makes one look 'distinguished'!

Grey hair might add that 'distinguished' look. But it also adds those years to your look. Ask your friend.

Who wants to go through the bother of dyeing one's hair?

No one does. That's why Godrej gives you a hair dye that's self-spreading. Which means that instead of going through a painful 'parting-and-painting' routine, all you do now is apply the dye, work into a lather, wait a while, and then, just wash it off. It's actually as easy as that.

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—takes the trouble out of hair dyeing; so you can take the years off your look.

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For him. And her.
2 shades: Natural Black. Dark Brown.

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SWAPPING ROLES

LEENA:

The falling star and Aladdin's lamp — what's the difference? Imagine, a wish actually came true. Wow! I'm a working woman. My heart swells with pride.

The low insistent "ding dong" is music to my senses till I sit up abruptly identifying the sound. What a ridiculous bell. Instead of waking you up, it lulls you to sleep! The milk-woman glowers at me as I open the door.

My morning cuppa drained, I call out to Kirit who opens one eye, then the other, and yawns, "Where's Mum?" "Oh, your Pa and Ma are enjoying a holiday together, I'm the surrogate mother," I reply airily, pulling the bedsheets away. "Surrogate?" He rolls the word on his tongue.

Now I have to hurry, hurry, hurry. On with the toaster, heat milk, cut sandwiches, mix porridge, iron saree blouse, (the petticoat is crumpled, but never mind, who sees?) examine handbag — pen, file, note-pad, comb, lipstick, vaseline, wallet, train pass, oh no! the toast gives out smoky signals and the milk boils over. I scrape the toast edges; Kirit dips it into his egg and munches contentedly. (No fuss. I'm surprised).

Time to leave, I check the gas geyser, locks, then run down the stairs. We jump into a bus. At the fifth stop, Kirit enters his school gates and I make my way to the station opposite. Before boarding the local train, I hand over a pair of sandals to the cobbler on the pavement. I reach the terminus in half an hour. Just seven minutes remain for the muster to close so I begin to jog and luckily, reach office on the dot of nine. (No wonder Renu is so slim).

The girls are giggling, and as I enter, they continue to trace in great detail, the movements of the copy chief and his secretary. "And a married man too!" I add shocked.

Two phone calls later I have won over a sceptical client, the

makers of the new mixer-cum-juicer. I skip into the boss' cabin with the great news; he barely looks up. "Uh huh," he mumbles, "What about the carpet copy?" I lay out the entire campaign before him — imaginative, creative, unusual. Even Mr. R., grunts in approval.

Models, photographers, visitors, sail in and out all day. A leading fashion queen is introduced to me. As beautiful as her pictures, I muse, nervously patting my hair into place. Two minutes before lunch hour I am invited out for a meal by a prospective client. Taking my place in the queue, I curse the company aloud; 43 people on the floor and only one smelly toilet. I hop from one foot to the other, then holding my breath, dash in and dash out again.

My host is an oily creature with large hairy hands. In the dimly-lit Chinese restaurant he orders lavishly. We make small talk — his kid who is the splitting image of Gavaskar (in cricket that is), rival agencies, political figureheads, the untimely rains. Then he makes a proposition, a pass. I splutter in my soup and recoil in horror. My face reflects the shock and he mumbles an apology. I lose the account, naturally.

At 2 p.m. I return to the office. It takes several cups of coffee to calm my senses **and** keep me awake. Concentrating on the list in front of me while the phone rings constantly is a difficult task. Every time I answer it the flow of my thoughts gets disturbed. 3 p.m. and my carpet campaign is rejected. The client thinks it's too highbrow. Tearfully I return to my desk, to be informed an hour later that it has been gleefully accepted by a rival industry. Well well, the silver lining.

On the way out I observe the crowd jabbering near the notice board. As the company made a huge profit this year, a generous bonus has been announced. I trill with delight.

Boarding a train in the rush hour is an art I haven't mastered yet. Three trains later and I'm still on the platform. But this time I elbow out two toughies, stamp on another's foot and clamber on just as it moves. How uncomfortable it is, this overpowering smell of sweat, the blind, disabled beggar touching my arm, the nauseating odour of Bombay Duck piled high on the heads of fisherwomen. And then it's over.

At the vegetable vendor's I bargain with the man; he gives me a few green chillis and coriander free. My spirit sags as I view the serpentine line at the bus stop. I'm tempted to hail a cab; eventually I do. Kirit is waiting for me. After spending two hours on the playground he is still not exhausted and keeps up a constant flow of school boy chatter but I'm too tired to respond.

We reach home, I brew some coffee, Kirit settles for a Thums Up. I glance around the bedroom. The "bai" who lets herself in and out every afternoon has spruced things up, but out of the corner of my half-closed eye I notice the fine line of dust on the side-table and the overflowing wastepaper basket. But the kitchen gleams. A bowl of chopped lady's finger rests on top of the fridge, ready to be cooked. Dal, rice, vegetable. I wish I could whip up a more interesting meal but my feet ache and my mind is in a whirl.

Discarding my soggy, uneaten sandwiches, I unclasp Kirit's lunchbox; a boiled egg, banana, and pineapple pastry come tumbling out. When confronted, he complains, "If I eat so much at lunch-break I fall asleep on my desk!" Pearls of wisdom from the mouth of an eight-year-old.

A quick meal, then we squat on the carpet, he with his homework, me with my cross-stitch. But my eyes hurt and I put it away.

At 11 p.m. I tip-toe to Kirit's room. He is fast asleep with a story book on his chest. I put out the lights and cover him with a sheet. He smiles and turns over. In bed, I relive the day's events and anticipate the "pleasures" awaiting me on the morrow, then I wonder what Renu is thinking and whether she would like to exchange places again...?

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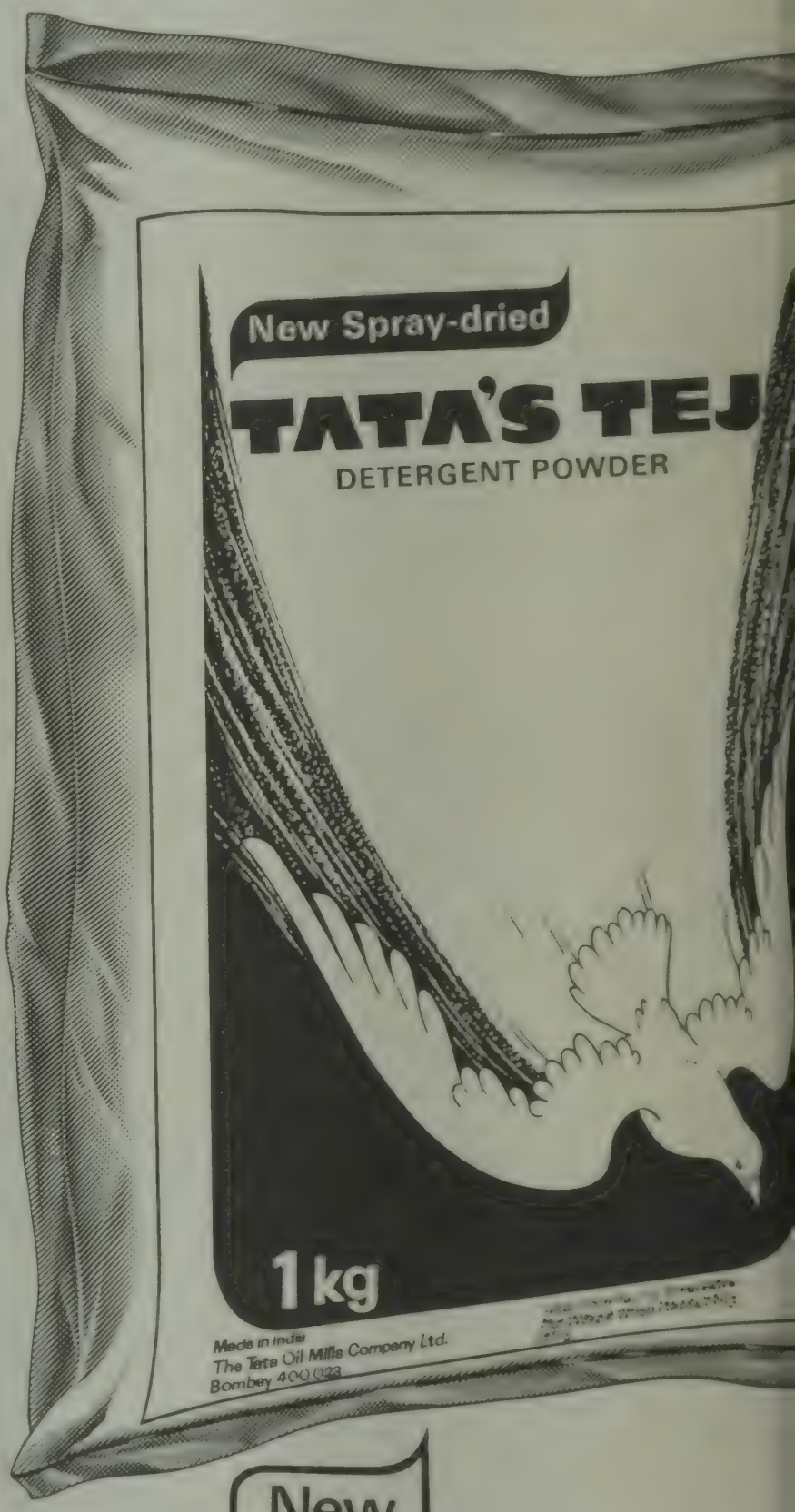

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A WALL IS SAFER

Shashi Deshpande

It is a narrow ribbon of a road A little earlier, it had been only an incision in the full grown sugar cane. Sitting in the minibus you could hear sibilant whispers as the cane brushed against the sides of the bus. With the cane gone, there is nothing to demarcate the road from the flat expanse of road on either side. The lone cyclist is like a marker now, showing me where the road is. I know he is coming here, not only because I can identify him as Ramchandra, but because there is nowhere else he can go. The road ends here with us. The sun glances off his white clothes in a blinding glare as he comes nearer and I am forced into the house. As I wait for him I wonder whether he can tell me why Sitabai hasn't come today. I have been struggling against both exasperation and anxiety since morning, waiting for her, watching the work pile up.

The tinkle of the cycle bell sends me out. He hands me a note with an ingratiating smile without getting off his bike. "From the saheb," he says and rides off without giving me a chance to say anything. He is scared I will question him about his domestic tangle...or triangle? It amuses me sometimes. the thought that even here, in this godforsaken place, there is this problem of 'the other woman' "Sex rearing its ugly head," Vasant laughs. Poor Sitabai! And yet her belligerence keeps sympathy away.

I open the note... it is from Vasant...I'm neither curious nor expectant about its contents. I know it will be only to tell me that there will be a guest, for lunch, tea or dinner. We have more guests here than we ever had in Bombay. Anyone who comes here to meet Vasant has to be brought home for some sort of a meal; there is nowhere else they can go. I am used to it now and it means nothing more to me than that I have to cook a little extra. The men don't expect anything from me at all. They are here to talk to Vasant and they do just that. When they have to speak to me, they are uneasy. Unnatural forced smiles flicker over their faces as they talk to me, staying on even when the need for them is over. They turn away from me with almost audible sighs of relief and I sometimes wonder whether they will recognise me if they see me at other times, other places.

Now I read the note mechanically thinking...hope it isn't another woman when I had just got used to this one! But now I know she will keep coming; she needs the money and the food. Ramchandra gives most of his pay to 'that woman.'

one for lunch, the dishes are not washed, the house not swept. Good, it's for tea. And what shall I make for tea? Suddenly the news penetrates, getting through my housewife's armour. It's Sushama who's coming. Sushama ...Suddenly the texture of the day seems to change, its pace quickens and livens. Sushama coming to stay an evening and a night. I hurry energetically through my tasks, so fast that when Sitabai eventually turns up, I have done most of them.

"Why didn't you wait for me?" Sitabai asks. "You know I will always come. Unless I'm dying or dead."

She isn't being melodramatic. I know she is speaking the literal truth. When she first told me about her pregnancy, my heart had failed me. To look for ano-

Sitabai and Ramchandra... apt names for a couple. But, of course, It isn't any happy coincidence. Since he was Ramchandra, the woman he married was named, renamed rather, Sita.

"And that is why I have all these troubles," she had said phlegmatically once. "What can you expect when you're named Sitabai but misfortunes?"

She had used the word 'vanvas' for misfortunes. Literally, 'stay in the forest'. Exile. I had toyed with the thought for a while to be a Sita who follows her husband into exile...would it help? It didn't. I had to laugh. Me, a Sita? I'm here, not out of choice, but because there was none.

"Your husband was just here," I tell Sitabai. "I wanted to ask him about you, but he was off like a shot."

"He?" She spits the pronoun out. "He hasn't come home for three days. Good riddance, I say. Who wants to see his face? 'She' can have him."

We get on with our work, the two of us, her monotonous voice providing a soothing backdrop to our tasks. I clear up the children's room, make up Raju's bed for Sushama. He can come in with us. By the time they come...the minibus brings them all at the same time...I am ready for them. Sushama is the first to get off.

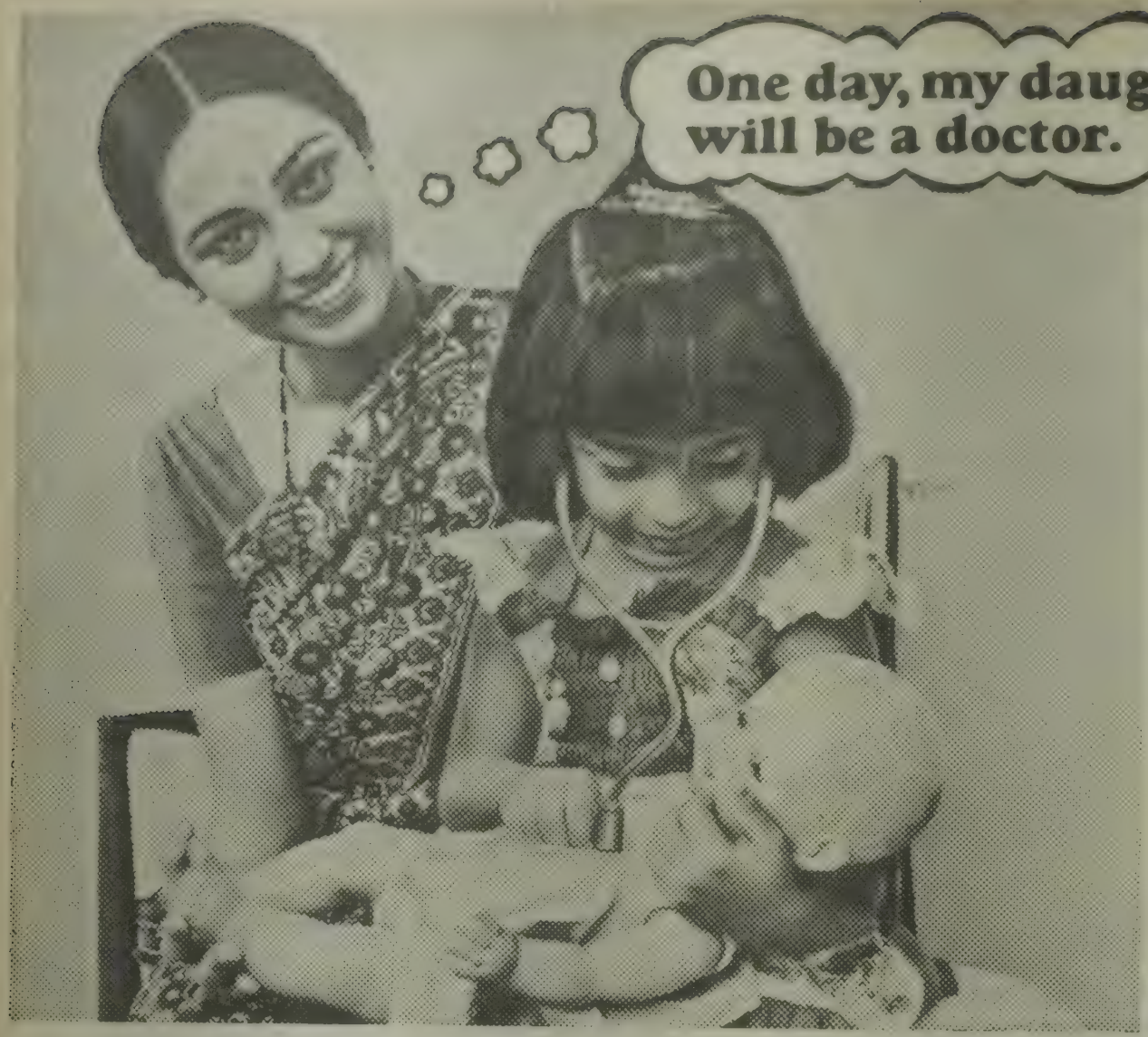
"You've lost weight," she says at once. It is said as if it is an accusation.

"And you're still eating those greasy office lunches."

"You're darker too," she goes on, ignoring my words and welcoming smile, still scrutinising me.

Well, of course. It's the sun. In Bombay you don't really get to know the sun. It keeps its distance. When it approaches you it does so deviously...from between buildings, through chinks in curtains, filtering through sparse foliage. Here there is nothing, absolutely nothing between you and the sun. It attacks you directly with its two weapons, the heat and the glare. And you have nothing to fight back with, except the pigment in your skin.

The next hour is chaotic. I have to cope with tea, with the children's excited conversation with Sushama following me about chattering. I can relax only when the table has been cleared. The children go out instantly and resume some game of



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A WALL IS SAFER

theirs. The three of us sit out in cane chairs, silent, the only sound at first being the hissing noise Sitabai makes between her teeth as she washes up, squating at the low tap a little distance away. We watch the sunset. The vast panorama of the sky is always overwhelming here. Now it is dramatic too, a corner of the stage illuminated as if a spotlight has been turned on to it. It is like a flamboyant finale when the sun finally goes down in flaming colours. Each time I see this, I feel some sort of kinship with those ancient Aryans who sang paeans to the Being who made all this possible. A tinge of freshness touches my jaded mind. All at once it is evening. There is that curious hush which is only an interlude before the night sounds begin. We speak in low voices now as if it would be wrong to break this stillness. The children are unaffected. Their high, excited voices punctuate our conversation. "God, it's wonderful here," Sushama says. "Peaceful. But I wouldn't like to live here, all the same. Terrible."

I know what she means. Everything here is limitless, immense. Your eyes go easily all the way to the horizon. The immensity makes nothing of you and your concerns. Sometimes it soothes me, this idea of my own insignificance. Often, however, I am angered that it makes so many years of my life take on the grey colour of futility.

Vasant is now arguing with Sushama and she retorts with spirit. She says 'your Agricultural Research Station' and 'you research scientists' inflecting a sharp note of sarcasm into the words. 'You Bombay people' he says disparagingly, and I know he will soon go on to 'you lawyers' and the final withering 'you women lawyers'. He gets to it at last and then says, "And as if that isn't enough, you have to turn into a feminist as well." I wonder why the word 'feminist' invariably sounds derogatory. Is it the way it is pronounced? But Sushama is irritated by the very word. "I'm not a feminist," she says firmly. "That's too vague. What we're trying to do is very concrete. We want women everywhere to become aware of their legal rights. Nothing more."

She has already told me she is here to attend a meeting in a town very near to us. "We've roped in the local women's clubs and associations," she says and tells us what they're planning. Even Vasant gives up his supercilious pose and listens seriously and I remember their last encounter.

She had fought against this decision to take up this job which brought us here. "Look," she had said, "you have an alternative. A perfectly good job in Bombay. But if you go there, what about Hema? What can she do there in the middle of nowhere?"

"She can teach. Or something. There are schools, I believe, in the next town."

"For god's sake, man, she's a lawyer, not a teacher. Would you change your profession that way overnight?"

"It's not the same..."

"Why?"

Unable to move him, she had turned on me. "You're a defeatist," she had said. "You're just giving up."

"Well, what **can** I do? This is the work he always wanted So he's going anyway. Period. Maybe I can continue here with the children...I've thought of it. But it means two establishments. Money problems. A weekend ...no, a vacation marriage. The children without their father for months. Me, without a husband for months. He, without a wife and children for months. So...?"

Now, after listening to Sushama, Vasant suddenly turns to me and says, "Look, Hema, why don't you get involved with this thing of Sushama's? You can go once a week, maybe..."

You don't have to feel guilty, I want to say to Vasant. It's my doing, this coming here. Nobody pushed me into it.

"Sorry, Vasant," Sushama says. "It won't work."

"Why not?"

"Ask Hema."

I move indolently in my chair while I think of what to say to him. I'm a pure professional, I want to say. Like you. I'm a lawyer, not a social worker. But I don't say this. Instead, I say, "Oh, I'm all right as I am. After all, I'm a good housewife now."

I'm not being bitter or ironic I mean it, but somehow it silences the two of them. After an awkward pause, Vasant changes the subject. "Oh yes, I forgot to tell you. They're starting on the fence tomorrow."

I have been asking for it for quite a while now. When we first came here, I had had a queer feeling that there was something wrong with this house. Something more than the fact that it was squat, ugly and purely functional. It took me a few days to realise that it was the lack of a fence. You stepped out of the front door and were swallowed up by immensity. It had daunted me and I had begun agitating for some sort of a fencing.

"Oh, good," I say. We are on a safe track now. Vasant tells Sushama about his work and Sushama, impressed, but determined not to show it, says lightly, "Well, well, I can see you're heading for a Padma Shri at least."

I go to bed in a good mood, but I am surprised by a fierce surge of longing to be one of those women who carry their work about with them... a writer, painter, musician

He protests laughingly, but I can see he is pleased. And Sushama goes on, "And here she is, the woman behind the successful man, the one to whose support you owe everything. The devoted, self-effacing wife.."

"Oh, shut up," I say, smiling to show I know it is a joke; but the words stay with me. Self effacing. Suppose you go on effacing yourself until you're wholly blotted out? For some reason I think of the cry of the newborn. A triumphant assertion of being. Existing. And I also think of how there is no difference none at all, between the cry of a female baby and a male one. When does it become a virtue to stifle that cry?

I don't know the answer to this question. I only know that I bitterly envy Vasant when he comes home, tired, satisfied and full of what he has been doing. Formerly he used to share his day with me. Not any more. I wonder why. Maybe, it's because I have nothing to offer in exchange.

At night, after the children and Vasant have gone to bed. Sushama puts me through a cross-examination. Am I happy here? What do I do with myself? Can I go on this way?

"I'm busy," I tell her. "I have enough to do. I cook, I clean, I wash, I iron. I read, I listen to music, I help the kids with their lessons, I visit..."

I am forced to stop for lack of breath and Sushama pounces on me. "Visit? Who? Or is it whom?"

"Whom. I think. Families like ours. There are a few houses on the other side of the farm."

We visit one another with scrupulous regularity. I have now got used to the monotonous trend of the conversation, the sameness of the topics we touch.

"For god's sake, Sushama," I say finally, "don't make me out to be one of your exploited women. I know all my legal rights."

She knows when to stop. She gives up and we begin to reminisce. I go to bed in a good mood, but I am surprised by a fierce surge of longing to be one of those women who carry their work about with them... a writer, a painter, a musician...

The next morning they are all to leave at the same time. I rush about getting breakfast ready suddenly eager to have the house and the day to myself once more. The children shout warnings when they see the bus approach. Sushama smiles and says, "Well, when are you coming to Bombay?"

"I don't know. Some time."

"I may come here myself for another meeting."

"Lovely," I say, but somehow, I don't look forward to it. In some way Sushama threatens the tenuous peace I've built round myself.

The bus comes and they all get in. As it begins to move, mechanically I count my reflections ...one, two three, four. And then they are gone. I am sure Sushama is already looking through some papers. Vasant will be reading too, the children squabbling over seats. I go inside and Sitabai asks me. "Have they gone? Your friend too?"

There is a gleam in her eye which tells me she is going to grill me about Sushama...is she married and how many children and where does her husband work. I hurry to offer her a bait that will turn her thoughts elsewhere.

"Sitabai," I say, "they are coming to put up the fence today. Barbed wire."

"Barbed wire?" Sitabai sniffs in contempt. "What's the use of wires? They should build a wall. A wall is safer."

Is it? I ponder over her words as the work goes on and the fence goes up around us. Finally it is done. Five rows of barbed wire. And only then I understand Sitabai's words. A wall is safer. With a wall, you can't even see what's happening on the other side. But suppose the dangers are inside? What do you do then?

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THE BEST OF BOTH WORLDS

Co ntinued from page 53

women are indeed able to arrange help from within the family. Statistics show that a situation where the married son and his family live with his parents is greatly favoured. In many cases this makes it easier for the daughter-in-law to pursue her career, since a family member or well supervised nursemaid can look after the children. In such a case the major household responsibilities also need not fall on the working woman's shoulders. Where a family arrangement is not possible the solution may be more difficult.

Full time domestic help is one possibility. Another is to find a woman who is unable to be employed outside her home who is interested in work caring for children. Whatever the arrangement it is important to have a serious discussion about attitudes to child care and discipline. In addition to receiving affectionate treatment a child must be treated in a manner consistent with the way his parents deal with him. This will prevent the child feeling confused and disoriented. Creches and nursery schools present another possibility. Although Indian women do not currently favour this solution, a properly selected nursery school can be an adequate answer to the problem. Psychologist Dorothy W. Barucha has examined the criteria for a good nursery school or extended day care center. Some guidelines are summarised below.

1. The hours should serve the mother's needs.
2. Wholesome meals should be provided including mid-morning and afternoon snacks for smaller children.
3. There should be many interesting things to do.
4. There should be rest with the child lying down.
5. Time should not be entirely regimented. There should be time for independent play.
6. There should be an easy affectionate atmosphere with pleasant teachers. There should be enough teachers — one for every eight to 10 children in nursery school. One for twenty-five older children.

Make maximum use of the time you spend with your child. In addition to the need to seek adequate substitute care for the children during working hours, it is essential to make the best use of the time spent together. Mothers must be careful not to be too fatigued or irritable to pay adequate attention to their young ones. Because children need a sense of security it is also wise to explain carefully the reasons for seeking a career when children ask. When reasons are not given, children are likely to assume they are being rejected because of some inadequacy on their part. Avoid spoiling the child with an over abundance of material items or excessive indulgence. A desire to compensate for the time spent apart from the child is only natural However, emphasis should be put into loving attention and sharing ideas and feelings rather than in catering to every whim. Do give your child toys — cuddly animals and books to stimulate the mind, but don't overdo.

A mother who makes efforts in these ways will be able to provide adequate care for her children. Those who are skeptical should remember that working women are not the only ones capable of neglecting children Women who devote time to clubs, social activities and card parties may run equal or greater risks In this regard. The important thing is to make the most of the time that is devoted to the children, whether the mother works or not.

Husband-Wife Relationship Studies show that most Indian wives make a success of married life, although married professional women do report more difficulties than those who remain in the home. When a wife is employed, adjustments become necessary on both sides. The expectations of each family member (including in-laws) may also need to be re-evaluated.

Discuss your needs and his. Seek his help and make every effort to co-operate from your side. Since you won't have time to cater to his every whim, determine what he feels to be most important and be sure to attend to those Items.
Encourage him to become actively involved in child rearing. Research indicates that children benefit greatly from close contact with their fathers.

The roles of Indian men are also undergoing rapid changes. They are beginning to seek more relationships with their wives. Be sure to encourage such progressive attitudes in your spouse.

The problems of Indian working women are not few and the solutions are not simple. Therefore, they are to be congratulated for bravely undertaking the dual responsibilities of career and family life striving to make the best of both worlds in limited time.

I ACCUSE. . .

Continued from page 13

responsive and still have a job that is interesting and lucrative. Their sons too will learn that women are not designed solely to take care of men and children, an attitude that is still sadly prevalent here.

It is true of course that dual careers can impose vicious strains on husband-wife relationships, but then so can the absence of career interest in domesticated wives who depend solely on their husbands for stimulation, conversation and contacts with people. At the same time because women traditionally have run the hearth and home and administered to even the tiniest whim of their husbands most of them feel let down and neglected when their wives no longer can keep up the domestic standards of their mothers. Men must learn to understand and sympathise with the pressures working wives face.

The children of career women are not more sickly than other people's but it is an undisputed fact that when a career woman's child falls sick it is far more troublesome and exhausting for her than it is for a full-time housewife. Having time off when this happens isn't always possible either so they have just to muddle through the bad period. For the housewife a child being ill isn't such a dreaded event.

The cartoon image of a housewife as seen through the eyes of an unsympathetic career woman is that of an addle brained parasite who nags servants all day, naps in the afternoon to while away the empty hours and whose conversational powers are reduced to vacuous coffee morning chatter about vegetables and cosmetics. This picture is in fact very far from the general truth as a typical day in the life of an ordinary housewife is so busy that it makes the average office day seem like a rest cure. There are endless tiresome but vital tasks to be attended to each and every day (whether one lives in a joint family or not) that cannot be left to servants however efficient they may be. In these days of galloping inflation, budgets are often stretched to their elastic limit and the average housewife is forced to trudge around shops endlessly in order to keep within her budget. Working women are spared these tedious and time consuming tasks because they are forced to take short cuts whenever possible. This is probably why housewives accuse career wives of not feeding their menfolk properly.

When criticising housewives it must be kept in mind that a great many jobs are more fun than housework and being home along with or without servants and/or children is insufferably boring and soul destroying for women who are temperamentally unsuited to being domesticated wives. Going out to work enables the career wife to interact with different people during the day which gives her a sense of belonging. In fact, working is one of the few ways in which a woman can have adult relationships in no way connected with life at home. Kitty parties and coffee mornings are a means of overcoming this lack of congenial adult companionship in the lives of housewive's and should therefore, not be sneered at by those lucky enough to have this very human need filled in other ways.

It is of course almost impossible for the unhappily married but financially dependent wives to divorce their husbands but one would suppose that financially self-sufficient women would not hesitate to put an end to a marriage gone sour if there were no way of improving it. However according to the survey done by Dr. Pramila Kapoor on marriage and working women in India, it appears that divorce is still repugnant even to the unhappily married, educated working women as only 19 per cent of them were divorcees.

In fact the more one considers the lives of both categories of women in detail the more obvious it becomes that there are no winners or losers in this particular ball game. Both the career wife/ mother and housewife have their own occupation related problems due mainly to the fact that they are second class citizens in what still is a man's world. If we women can unite and become allies it will not be impossible for us to recast our relationships with men so that all of us men and women are free to do what we are happiest doing and what is best for us.

There is after all very little point in someone who is born to be a career person being forced against her will and inclination to be a housewife and vice versa, as this would merely be an exercise in futility. What is important is that women should be able to decide for themselves what they want to do. Whatever a woman decides through inclination and/or circumstances, it's not for society or other women to censure. It should be a woman's privilege and pleasure to choose for herself the lifestyle that best suits her.

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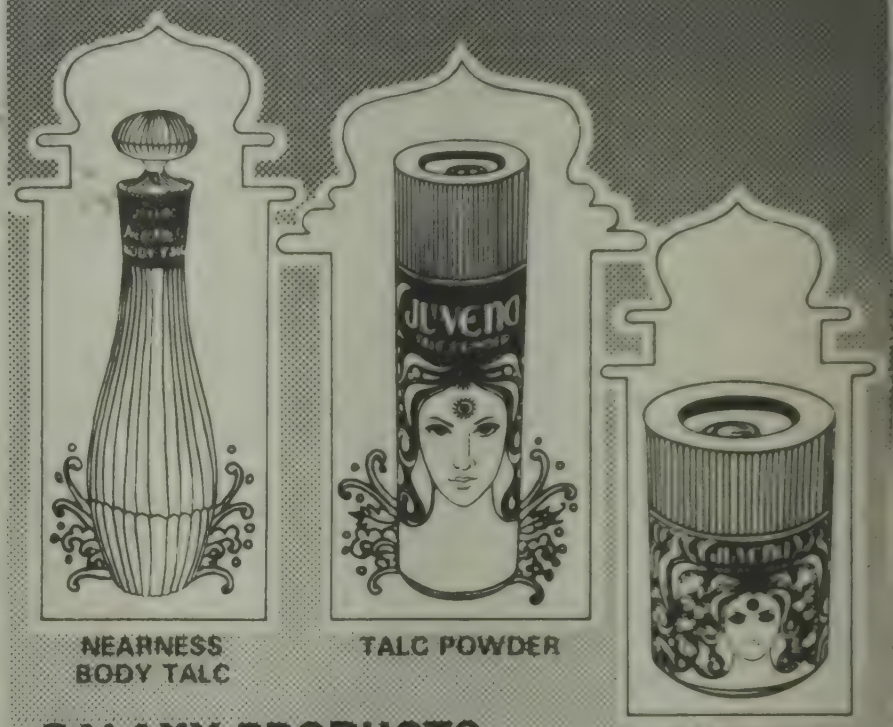

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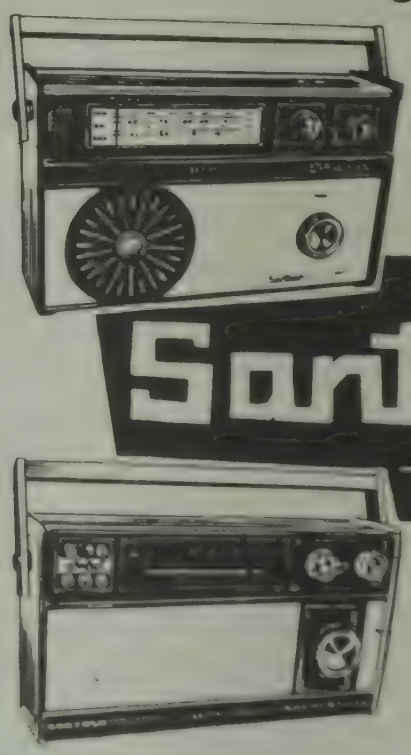

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(Tel. No. 271444)

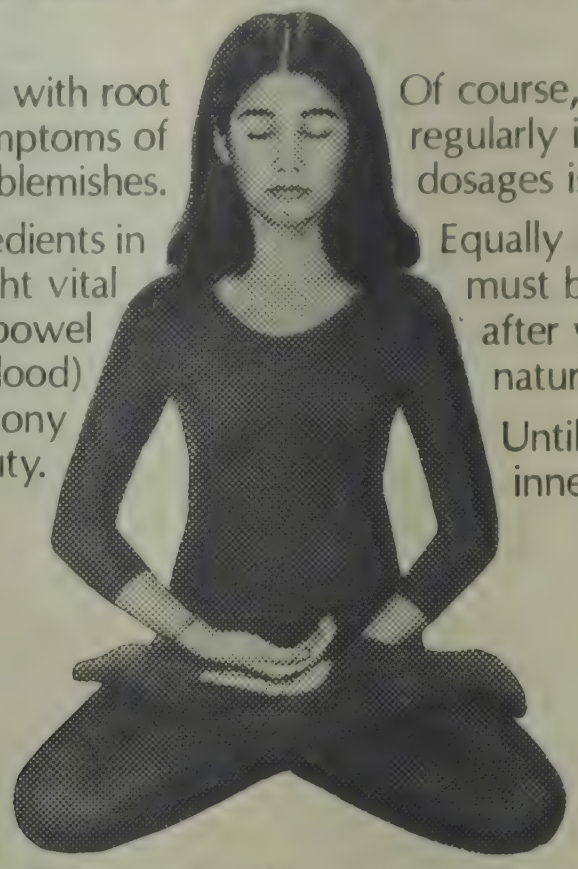
The participants must be of Indian nationality and must be between the age of 17-21 years for the selection of Miss India and between the age of 15-20 years for the selection of Miss Young India. The girls selected at Delhi, Calcutta, Bangalore/Madras will be provided return air passage and will be put up at Hotel Oberoi Towers in Bombay.

Get to the root of the pimple problem with Ayurveda's time-tested internal remedy.

Rakta Doshantak works for inner harmony, like yoga. Gives beauty without pimples.

The emphasis is on dealing with root causes, not just outward symptoms of ailments: pimples, acne, skin blemishes.

The herbal ingredients in Rakta Doshantak set right vital bodily functions (digestion, bowel movement, purification of blood) to restore inner harmony —and skin beauty.



Of course, taking Rakta Doshantak regularly in the prescribed daily dosages is a must.

Equally important, the treatment must be continued for a while after your skin is restored to its natural beauty.

Until your body can maintain the inner harmony on its own.

Rakta Doshantak

the original Ayurvedic blood purifier for skin beauty without blemish.

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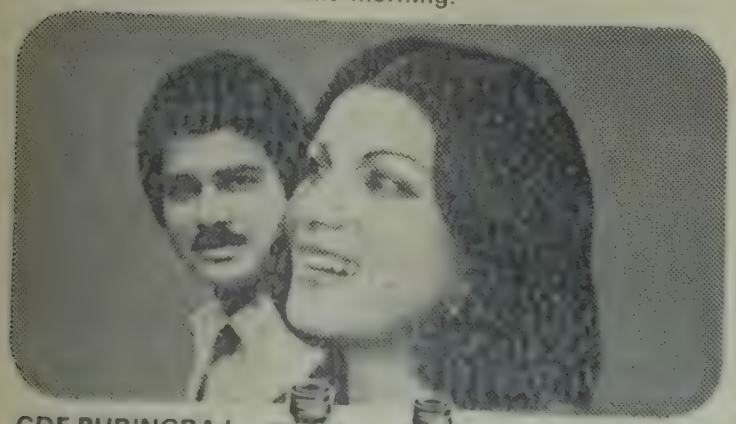
CDF's Ayurvedic hair oils penetrate to the roots of your hair to give them nourishment and make them healthy and glowing. No need to rely on aids that merely mask unhealthy hair.
Apply to your hair every night and shampoo next morning.



CDF BHRINGRAJ HAIR OIL

- ★Helps prevent premature greying.
- ★Retards falling of hair and resulting baldness.
- ★Darkens and softens hair.
- ★[illegible]

CDF BRAHMI AMLA HAIR OIL

- ★Makes the hair silky soft, rich and long
- ★Has a pleasantly soothing effect on the [illegible]
- ★Seeps deep into the [illegible]
- ★[illegible]

CDF
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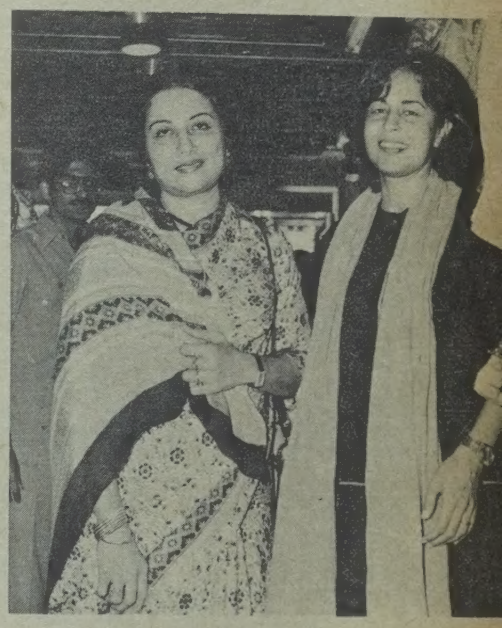
[illegible] decorative

ABOVE: Top fashion models participated at the Eve's Weekly/ Nalini Sarees Lucky Draw function at Oberoi Towers. Mrs. Satya Mehra and Mrs. Gulshan Ewing, editor, Eve's Weekly and Star & Style (3rd and 5th from left) are flanked by (from left) Anita Kulkarni, Ulrike Bredemeyer, Maureen Lestourgeon, Rasna Behl, Mussrat Kashmiri and Anita Reddy (not seen).

PEOPLE AND EVENTS

RIGHT: The Governor of Maharashtra, Air Chief Marshal (Retd) O. P. Mehra (centre) was the chief guest at the Eve's Weekly/ Nalini Sarees Lucky Draw held at Hotel Oberoi Towers, Bombay. Also seen are Mr. J. K. Somani, Chairman and Mg. Director, Eve's Weekly Ltd., and Nalini Sharma of Nalini Sarees, Delhi.

RIGHT: At Gentlemen magazine's anniversary celebration at Hotel Oberoi Towers, Bombay, are seen (from left) Mrs. F. Merchant, Dr. B. K. Goyal, Sheriff of Bombay, and Mrs. Indira Nanavathy.



Chief Guest Mrs. Nargis Antulay, and Parveen Bahl of "Noorjehan" boutique, Delhi, at the latter's exhibition of readymade garments, bedspreads and table linen held at Aakar Art Gallery, Bombay.

BOMBAY

Gentlemen magazine celebrated its first anniversary at a glittering function at the Regal Room, Hotel Oberoi Towers, recently.

The highlight of the evening was the presentation of the "Gentleman of the Year" award to Mr. Khalid Ansari, Editor-Publisher, Mid-Day, Sunday Mid-Day, and Sportsweek. Mr. R. K Karanjia, member of the Gentlemen magazine selection jury (also comprising Mrs. Tarakeshwari Sinha and Mrs. Indira Mahindra) presented the award to Mr. Ansari.

* * *

A two-day Grand Spring Carnival was organised at Badhwar Park by the Central Railway Women's Social Service Committee under the leadership of its President, Mrs. Sujata Chakravarti. The Carnival, which was a part of the Committee's annual drive to raise funds for the welfare of railway employees and their families, was inaugurated by Mr. Kedar Panday, Minister for Railways. The sale of sarees, pottery, handicrafts from all over India, delicious snacks, games of skill and joy rides in a mini train were some of the main attractions.

Mr. A. K. Chakravarti, General Manager, Central Railway, was the Chief Guest on the occasion.

Mrs. Nalini Bapat, Secretary of the Committee presented a report of the Committee's activities, and Mrs. Saraswati Ramayya Vice-President of the Committee, proposed a vote of thanks

Mrs. Sujata Chakravarti, on behalf of the Women's Social Service Committee presented a cheque of Rs. 20,000 to the Railway Minister on the occasion.

* * *

The Crystal Room at Hotel Taj Mahal Inter-Continental, was the venue for the eventful Borosil Queen, 1981-Baking contest and for the exhibition and sale of Corning Carafe and Ovenware.

Out of the total of 1,060 recipes received by the Borosil Glass Works Limited, within a month of their announcing the contest, 91 were painstakingly screened to be finally represented. This included 61 non-vegetarian dishes and 40 vegetarian dishes.

Susy Eapen, Head of the Nutrition Department at the Catering College, Bombay, Tarla Dalal, and Shalini Devi Holkar, both cookery experts and authoresses of cookery books, and Mr. Satish Arora, Executive Chef at the Taj Intercontinental, Bombay, all of whom are reputed, experienced and established names in the cuisine world, were the judges. Maya Kulathu was crowned the Borosil Queen '81 winning an oven-toaster-cum-griller, besides winning the first prize, in the non-vegetarian section.

Mrs. Jaya Bachchan was the chief guest at the function and gave away the prizes.

CALCUTTA

The Annual Convocation of Surer Maya Sangit Samaj conducted their musical programme at Mahajati Sadan recently. The all-night programme was highlighted by some old-time favourites like Samta Prasad on tabla, Maya Chatterjee in Kathak and the Kheyaliya Srikant Bakre.

* * *

At the exhibition organised by the Advertising Club, Calcutta held at the British Decor Service paintings, drawings, engravings and even sculpture done by those in the advertising profession, were displayed.

* * *

The Ali Akbar Khan College of Music celebrated its silver jubilee with a sarod performance by the maestro Ali Akbar Khan.

FOR THE WEEK
APRIL 5 — 11, 1981

John Naylor

IF IT'S YOUR BIRTHDAY THIS WEEK :

A restless mood could be a problem. "Make haste slowly", say your stars; avoid impulsive actions that could land you in the soup, financially, or in other areas of activity, and which cannot easily be rectified. Be conscientious in all you do. There are no short-cuts for you 1981/82. You may feel that you are putting in a lot of effort without immediate rewards — but these will come. In romance, it may be 'off with the old and on with the new', but you won't lack (except for a period around mid-1981) companionship and admiration.

ARIES
(March 22 — April 20)

Efforts you are making should be wholly rewarding; there is heart-warming co-operation in all relationships. You may be winding up one activity to your satisfaction, and giving thought to a fresh endeavour.

TAURUS
(April 21 — May 21)

Your stars show a happy trend for your personal life, but it is not until later in April that you will make headway in a special relationship. Your more practical ambitions are favoured this week, and you will see a way to improve your general set-up.

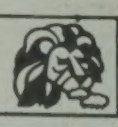
GEMINI
(May 22 — June 21)

Friendships are highlighted; you will be expanding social activity and also be more involved in the affairs of clubs, as well as local events of interest. Promising trends, money-wise, both for spending and for saving, you'll get a good deal either way.

CANCER
(June 22 — July 23)

A promising week — if you can manage to take advantage of opportunities in both personal and business life. However, the affairs of close companions will tend to crowd in on you and relatives could be unduly demanding.

LEO
(July 24 — Aug 23)



If you have been under the weather earlier in the year, there is a pleasing prospect of vitality returning in full measure now. Your mood will be enthusiastic and you'll be ready to push on with domestic changes.

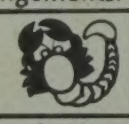
VIRGO
(Aug 24 — Sept 23)

You are heading into a rather fortunate period, so get ideas and plans into shape. Happy changes are indicated, some new incentives to fire your imagination, jobwise. There'll be more cash — and plenty of co-operation — as April proceeds.

LIBRA
(Sept 24 — Oct 23)

You'll have plenty of energy but unless you rally this in the right directions, you will tend to involve yourself in somewhat fruitless activities. Companions will be calling the tune, and you won't have much choice but to fit in with their ideas and arrangements.

SCORPIO
(Oct 24 — Nov 22)



Not an easy week to handle, either business wise, or in relationships with others. People and conditions will be unreliable, your own mood will be restless. Try not to make too much of trivial irritations.

SAGITTARIUS
(Nov 23 — Dec 22)

Some unexpected meetings, amusing encounters, will be lucky for you and will add spice to activities. If heart-free, romance will blossom in a social setting or in group activities and outings. Minor financial gains are indicated.

CAPRICORN
(Dec 23 — Jan 20)

You might take on commitments light-heartedly, but could find these difficult to cope with a little later on. Other than this, a super week with your popularity high, a hint of romance in the air.

AQUARIUS
(Jan 21 — Feb 19)

Life will be sociable, enjoyable, also rather cheering, financially. Most forms of communication would be beneficial; there is luck in fresh scenes and activities, and also through travel and correspondence.

PISCES
(Feb 20 — March 21)

Vital stars are aiding money matters, your career, ambitions, and will give you confidence, make you adventurous — but a little impulsive too. Try not to give way to over-generous inclinations! A most progressive week for your affairs.

IMAGES OF WOMEN

Continued from page 23

Her predicament is presented with understanding and without any sense of sin, or of her being a "fallen" woman. The image that comes through is of a young woman of great emotional depth and a natural spontaneity in responding to her lover, free of any sense of guilt, so that, despite her promise to her husband that she will never meet the young man again when he comes in search of her, she cannot restrain herself from running towards him. That she should, soon after, choose to commit suicide rather than go away with him is totally unrealistic and a cop-out on the part of the film maker who obviously found it easier to kill her and so ultimately preserve her "virtue" than to show her as running away to a happier life as she could realistically have done.

Among the refreshing touches in the film is the scene where, coming in drenched from the rain, Savitri makes the very act of changing her blouse an invitation to her husband. It is rare in Indian cinema to see the woman taking the sexual initiative naturally and without being vampish. In contrast, the imaginary scenes where she is dressed in silks and jewels to dance for her lover's pleasure are trite and typical of the more ordinary Indian cinema.

Also refreshing is that the next door **mami** in the village is not a gossip but a sensible, sympathetic woman.

In horrifying contrast is the image presented of the hero's mother, Meenakshi. The narrative states, quite crudely, that because she was allowed to go to the city to study and, also allowed to marry the man of her choice, she has taken to drinking, card playing and the company of men. And to emphasise her wickedness, she is shown with short hair, wearing maxis and constantly drunk. When her husband slaps her in front of the child and then walks out on her, it is implied that she deserves such treatment because she has neglected home, husband and child. That he is equally guilty in abandoning the child to a drunken mother or that there must be something very wrong in their relationship to make her look elsewhere for comfort is not considered. The causation is stated by her brother in so many words: she went to the city; she studied beyond a woman's requirements; she therefore took to drink and lost her virtue. This simplistic interpretation is in shocking contrast to the sensitivity with which Savitri is treated.

The charge that 'Savitri' is anti-brahmin is groundless and irrelevant to the central theme of the film. Obviously, an orthodox conventional and restrictive background was required and the fact that the characters are brahmin only provides such a background to authenticate the story.

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